

MEDICAL NUTRITION THERAPY (MNT)



REGISTERED DIETITIAN RESOURCES FOR CHILDREN & FAMILIES

NUTRITION MATTERS



WHY SEE A REGISTERED DIETITIAN?

A Registered Dietitian (RD) can help your child and family:

- ✓ Build lifelong healthy eating habits.
- ✓ Manage diabetes and blood sugars.
- ✓ Support healthy growth and development.
- ✓ Reach healthy weight goals.
- ✓ Plan balanced meals and snacks.
- ✓ Make healthy eating easier for busy families.



Insurance coverage for Medical Nutrition Therapy (MNT) varies by plan. Some insurance companies require a referral from your child's Primary Care Provider before nutrition visits are covered.



VIRTUAL NUTRITION RESOURCES

RDs offer virtual visits.



Foodsmart

www.foodsmart.com

Virtual nutrition counseling with Registered Dietitians and accepts many insurance plans.



Nourish

www.usenourish.com

Connects families with pediatric and diabetes dietitians through secure telehealth visits.



Berry Street

www.berrystreet.co

Virtual nutrition care with Registered Dietitians specializing in pediatric and family nutrition.



REGISTERED DIETITIAN RESOURCES

RDs offer virtual visits.



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Nemours Children's Specialty Care

Pensacola, FL

(850) 505-4700



Caitlin Waddle, MS, RD

(404) 654-3906

www.sproutpedsnutrition.com



Salma Ghawji, RDN, LLC

(813) 501-2099

www.DietitianSalma.com



FREE NUTRITION RESOURCES



Dietary Guidelines for Americans

<https://www.dietaryguidelines.gov>



Real Food for Healthy Living

<https://www.realfood.gov>



HEALTHY HABITS START HERE!

- ✓ Eat regular meals and healthy snacks.
- ✓ Fill half your plate with fruits and vegetables.
- ✓ Choose water and low-fat dairy most often.



- ✓ Include whole grains whenever possible.
- ✓ Add lean protein to meals and snacks.
- ✓ Stay active every day—small changes lead to big results!



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