

Nutrition Education

INDIVIDUAL AND GROUP-BASED NUTRITION SUPPORT
delivered by Registered Dietitian Nutritionists (RDNs) to empower patients to make informed food choices that align with their health conditions and cultural preferences.

WHO: Eligibility

- All patients with diabetes, regardless of FIM program involvement
- Patients highly engaged in their care who would benefit from hands-on skills training and peer support
- Patients whose diabetes have improved after MTM, MTG, or PRx

WHY: Goals

- Provide ongoing nutrition support to sustain dietary behavior change
- Improve diet quality and biomarkers through individualized or group counseling
- Build food preparation skills and nutrition knowledge
- Support transition to self-management from MTM, MTG, or PRx programs

WHAT: Components

- Clinical team offers a mix of programs, tailored to patients' clinical risk, readiness to change, and preferences.
- Clinical team makes referrals to community food resources, culinary medicine or teaching kitchen programs, and MNT sessions.
- Nutrition education provider ensures access to sessions via in-person or hybrid models based on patient needs.
- Clinical team reassesses patient status every 3-6 months to determine continuation or step-up support plan (e.g., transition to PRx, MTG, or MTM) based on clinical and social risks.

HOW: Design

Medical Nutrition Therapy

30–45 min sessions,
2–3 hours/year, delivered
by an RDN

Culinary Medicine

≥6 sessions over 3–6 months,
often group-based delivered
by RDN and chef team

Other Education

Print or digital materials,
group classes, and/or
community programs aligned
with patient preferences

For more information on designing, implementing, and operationalizing FIM programs in your organization, visit [FIMTOOLKIT.ORG](https://www.fimtoolkit.org)