

Approaching Nutrition in Obesity Care

Medical Nutrition Therapy (MNT) plays a critical role in the management of obesity. Evidence-based, individualized nutrition interventions can improve metabolic and cardiometabolic health, address obesity-related comorbidities, and support sustainable behavior change and long-term health outcomes.

Use a Person-Centered Approach

Personalize nutrition care plans based on health conditions, medications, preferences, culture, access to food, and readiness for change.



Set collaborative, clinically meaningful goals that may lead to improvements in obesity-related complications.

Encourage Sustainability and Balance

Nutrition interventions should be individualized to support nutritional adequacy and long-term adherence. Plans that are overly restrictive or fail to meet an individual's needs may lead to nutrient deficiencies and potential adverse effects, including:



Fatigue



Gastrointestinal symptoms



Reduced dietary satisfaction



Disrupted hunger and fullness cues



Reduced quality of life

Promote individualized eating plans that provide adequate nutrition, support satiety and metabolic health, preserve lean body mass, and align with personal preferences, cultural traditions, and lifestyle factors.

Connect with a Registered Dietitian Nutritionist

MNT, delivered by a registered dietitian nutritionist (RDN), should be considered a key component of obesity care. Through the Nutrition Care Process, RDNs provide individualized assessment, diagnosis, intervention, and follow-up to support metabolic health, nutritional adequacy, preservation of lean body mass, and sustainable behavior change.

