



CLINICAL REFERRAL GUIDE

When to Refer to Medical Nutrition Therapy (MNT)

Use the thresholds below to identify patients who require referral to a Registered Dietitian (RD) for specialized Medical Nutrition Therapy — beyond what can be addressed in a standard primary care visit.

Condition	Referral Trigger(s)	Key Labs / Indicators	Clinical Rationale
Type 2 Diabetes	A1C > 8%; poor adherence despite medication adjustments	HbA1c, fasting glucose, CGM data	Guideline-supported threshold for lifestyle therapy intensification alongside pharmacologic management (ADA Medical Standards of Care, 2026)
Chronic Kidney Disease	eGFR < 60 mL/min/1.73m ² (Stage 3a+), any stage with proteinuria, at the time of any new CKD diagnosis	eGFR, albumin, potassium, phosphorus, calcium, BUN, Chloride, Co2	Earlier MNT associated with delay in kidney disease progression and reduction in hospitalization risk (KDIGO 2024)
Hypertension	BP persistently above goal despite 1–2 antihypertensive agents, difficulty adhering to sodium restrictions	BP readings, sodium intake history	DASH and Mediterranean dietary patterns associated with clinically meaningful systolic reductions independent of medication changes
Dyslipidemia / ASCVD Risk	LDL above goal despite statin therapy, or patient unable to tolerate statin	Fasting lipid panel, LDL, triglycerides	Dietary pattern intervention provides an evidence-based adjunct or alternative lever when pharmacologic options are limited
Obesity / Weight Management	BMI ≥ 30 with comorbidity, or BMI ≥ 35; patients requiring weight reduction prior to planned procedures, or any patient on GLP-1 therapy (refer at initiation)	BMI, weight trend, body composition (BIA), dietary intake adequacy	MNT supports sustainable weight management, lean mass preservation during GLP-1–induced weight loss, and malnutrition screening in patients with severe appetite suppression (AAACE 2023). MNT helps to reduce overall chronic disease risk and optimize metabolic health.

What to Include in Your Referral Order

How to Refer your patient to Eat and Thrive Now	Expect Back from RD
Fax the following information to 272-235-3678 • Patient face sheet • Recent labs • Recent medical note	• Individualized intervention plan with measurable goals • Body composition data if BIA performed • Progress note with intake adequacy, adherence, and barriers • Follow-up interval and recommended monitoring

Eat and Thrive Now | Registered Dietitian-Led Nutrition Counseling

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