

Using Telehealth for Nutrition Care and Services

Telehealth helps people of all ages get nutrition care and services from home.

What is tele-nutrition?

Tele-nutrition uses technology like video conferencing, phone calls, wearable devices, and phone apps to deliver nutrition care. These services help you eat food that is better for you and prevent illness.

What types of nutrition care can you receive through telehealth?



- ▶ **Nutrition care plan (NCP):** This is a step-by-step approach nutrition experts use to help you eat better. This includes assessing your current health and eating habits, diagnosing nutrition problems, creating a plan to address the diagnosed problems, and monitoring and evaluating how well the plan is working and make changes if needed.
- ▶ **Virtual nutrition check-up:** A nutrition expert can review what you eat using telehealth. They can look at your eating habits, food choices, how active you are, and your health history. They can offer tips that fit your nutrition needs and goals.
- ▶ **Preventive nutrition counseling:** One-on-one virtual sessions give you information and recommendations, which can help you make better food choices and live a healthier life.
- ▶ **Medical nutrition therapy (MNT):** Telehealth can help you manage health problems. This includes [chronic conditions](#), like [diabetes](#) and [cancer](#). A nutrition expert can use [remote monitoring](#) to track your progress and adjust meal plans in real-time.
- ▶ **Custom nutrition care:** Telehealth can support nutrition care for people of all ages. Examples include meal planning for [older adults](#), prenatal nutrition for [maternal health](#), and [pediatric](#) nutrition for healthy growth.

How is tele-nutrition care delivered?



- ▶ **Video appointments:** Nutrition experts can connect with your computer, tablet, or phone. They can look at your food and talk about food choices. They can help you shop for healthy groceries online.
- ▶ **Phone calls:** You can receive nutrition care and counseling over the phone.
- ▶ **Remote patient monitoring:** Digital tools help you share health information with your provider. These include smart scales, blood sugar meters, and activity trackers.
- ▶ **Mobile health applications:** Apps on a smartphone can track food choices, exercise, and progress. Some apps use artificial intelligence (AI). For example, chatbots can give you nutrition advice and answer questions.

More resources

- [Telehealth for chronic conditions](#)
- [What is remote patient monitoring?](#)
- [Why use telehealth?](#)
- [Online nutrition tools](#)