



Medical nutrition therapy, also called MNT, is nutrition care provided by a registered dietitian. For people with kidney disease, MNT can help you understand what to eat, what to limit, and how food choices fit into your overall care plan.

Use this guide to help prepare for your MNT visit and talk with your care team.

What to Expect During an MNT Visit

MNT visits focus on your health needs and creating a plan that works for you. Each visit is personalized. Your plan may change over time as your kidney disease, lab results, treatment, and goals change.

Your dietitian may talk with you about:

Your health history

Your dietitian will review your medical history, lab results, medications, and usual eating habits.

Your goals

You and your dietitian will set realistic goals together, such as lowering sodium, improving blood sugar, or planning meals that better support your kidney health.

Your meal plan

You will get guidance on foods to choose, portion sizes, and ways to plan meals that fit your needs.

Your follow up care

Kidney disease can change over time. Follow up visits help your dietitian adjust your plan as needed.

MNT visits may be in person or through telehealth.

Questions to Ask Your Care Team

You may work with different healthcare professionals as part of your kidney care. These questions can help you start the conversation.

Questions to Ask Your Doctor

1. Can you refer me to a kidney dietitian?
2. Is MNT right for my stage of kidney disease?
3. How often should I see a dietitian?
4. How does nutrition fit into my overall treatment plan?

Questions to Ask Your Kidney Dietitian

1. What changes should I make based on my lab results?
2. Which foods should I limit or include more often?
3. How can I plan meals that fit my culture, preferences, and budget?
4. How often should we follow up and adjust my plan?

Questions to Ask Your Nurse or Care Team

1. How do my lab results relate to what I should be eating?
2. Are there resources or classes to help me learn more about kidney friendly eating?
3. Who should I contact if I have questions about my diet between visits?

Questions to Ask Your Kidney Dietitian

If you are on dialysis, your nutrition needs may be different. Ask your dialysis care team:

1. How does dialysis affect what I should eat or drink?
2. Do I need to change my protein, fluid, or mineral intake?n meals that fit my culture, preferences, and budget?
3. Can I meet with a dietitian regularly as part of my dialysis care?

