

Medical Nutrition Therapy for Specific Conditions Table 2

Condition Category	Primary Nutrition Drivers	Core MNT Goals	Core Nutrition Interventions	Key Nutrients at Risk / Therapeutic Focus	Key Labs / Monitoring
Dermatological Disorders (eczema, acne, psoriasis, wound healing)	Inflammation, oxidative stress, barrier dysfunction	Reduce inflammation, support skin integrity	Anti-inflammatory pattern, glycemic control, adequate protein	Zinc, vitamin A, vitamin C, omega-3s, biotin	CRP, zinc, vitamin D
Bone Disorders (osteopenia, osteoporosis)	Low bone turnover support, hormonal decline	Reduce fracture risk, improve BMD	Adequate protein, calcium timing, weight-bearing exercise support	Calcium, vitamin D, vitamin K2, magnesium	DEXA, 25-OH-D, calcium
Type 1 Diabetes	Absolute insulin deficiency	Glycemic control, prevent hypoglycemia	Carb counting, consistent meal timing, protein adequacy	Magnesium, chromium (food-first)	A1c, CGM trends
Cancer (Nutrition Support)	Hypercatabolism, inflammation, treatment effects	Preserve lean mass, maintain intake	High-protein, energy-dense meals, symptom-specific strategies	Protein, omega-3s, antioxidants (food-first)	Weight trends, CRP
Renal Disorders (CKD, stones)	Reduced filtration, mineral imbalance	Slow progression, prevent complications	Protein & sodium moderation, hydration, mineral balance	Omega-3s, magnesium, citrate (food-based)	eGFR, potassium, phosphorus
Hematologic Disorders (anemias)	Nutrient deficiency, absorption issues	Restore oxygen-carrying capacity	Iron/B12/folate repletion, enhance absorption	Iron, B12, folate, copper	Ferritin, CBC
Mastication, Swallowing & Absorption Disorders	Impaired intake, dysphagia, malabsorption	Prevent malnutrition	Texture-modified diets, nutrient-dense foods, enzyme support	Protein, B12, iron, fat-soluble vitamins	Weight, micronutrients
Pulmonary Disorders (COPD, asthma)	Increased energy expenditure, inflammation	Preserve muscle, reduce dyspnea	Adequate energy, anti-inflammatory pattern	Omega-3s, magnesium	Weight, CRP
Surgical Procedures (general)	Catabolic stress, nutrient losses	Promote healing, prevent deficiencies	Increased protein, micronutrient repletion	Protein, zinc, vitamin C	Albumin, wound healing
Communicable Diseases & Sequelae	Infection-driven inflammation, catabolism	Support immune response, recovery	Adequate energy/protein, hydration	Zinc, vitamin C, vitamin D	CRP, weight
Bariatric Surgery	Reduced intake & absorption	Prevent deficiencies, preserve lean mass	Lifelong protein prioritization, staged diet	Protein, B12, iron, calcium, vitamin D	Micronutrient panels