Medical Nutrition Management (MNT) for Providers (Independent Duty Corpsman) Objectives:

*The providers will be able to utilize appropriate resources when addressing nutritional concerns including weight management and supplement use during medical evaluation and treatment.*

1. Be familiar with nutrition resources available to providers
   1. NIM ([www.nutritioninmedicine.org](http://www.nutritioninmedicine.org))
   2. Human Performance Resource Center (HPRC-online.org)
   3. Academy of Nutrition (www.eatright.org)
2. Be familiar with nutrition resources for active duty patients including on-line tools and mobile applications
3. Be familiar with resources for supplement information
   1. HPRC/OPSS
   2. Natural Medicines Comprehensive Database
   3. Office of Dietary Supplements
   4. US food and Drug Administration
4. Be familiar with motivational factors that lead to supplement use
5. Be familiar with risks of supplement use
   1. Standardization
   2. Proprietary ingredients
   3. Tainted
   4. Stacking
   5. Health claims
   6. FDA oversight
   7. Substantiated efficacy versus dangerous/ineffective supplements