

Which patients should be referred for a nutritional consult?

Patient with the following factors should be referred to a nutritionist:

- Diabetes
- Obesity
- Underweight or poor weight gain
- Excessive weight gain
- Eating disorders, food faddism or pica
- Special dietary needs or restrictions such as PKU, irritable bowel, sprue, renal disease or anemia
- At risk patients such as adolescents or those with tobacco or substance abuse