



# Veterans Affairs Medical Center Outpatient

**Skill Area:** Community Nutrition and Nutrition Education

**Competencies:** DI 2.4, DI 2.6, DI 2.7, DI 2.11, DI 3.1, DI 3.1a, DI 3.1b, DI 3.1c, DI 3.1d, DI 3.7, DI 4.11

## **Intern Duties:**

- Create nutrition education handouts
- Update existing nutrition education handouts and flyers
- Individualized nutrition counseling
  - Carbohydrate controlled diet for diabetes
  - Potassium and phosphorus restrictions for the renal diet
  - Weight management
  - Disordered eating
  - Gout
  - Diverticulosis
  - Celiac Disease
  - Food allergies and intolerances
  - Nutrient and medication interactions
    - Coumadin and Warfarin
- Initial nutritional assessments
- Follow-up nutrition assessments
- Classes and presentations
  - MOVE! Class
  - Diabetes Boot-camp
  - Milk Substitutes