

## 20. NUTRITION COUNSELING

Nutrition counseling is a process of finding the solution to the child's nutritional problem together with their mother or caregiver. It is a two-way process during which the mother is actively involved in describing the child's problems as well as participating in analyzing the causes and identifying the available resources and solutions.

Primary targets of nutrition counseling include pregnant, lactating women, parents and guardians with underweight children and those with low birth weight infants. It also include all individual who needs nutrition counseling.

<b>Office or Division:</b>	City Health Department			
<b>Classification:</b>	Simple			
<b>Type of Transaction:</b>	G2C- Government to Citizen			
<b>Who may avail:</b>	General Public			
<b>CHECKLIST OF REQUIREMENTS</b>		<b>WHERE TO SECURE</b>		
Referral from Barangay/ Physician		Barangay Health Center		
<b>CLIENT STEPS</b>	<b>AGENCY ACTIONS</b>	<b>FEES TO BE PAID</b>	<b>PROCESSING TIME</b>	<b>PERSON RESPONSIBLE</b>
Proceed to the Nutrition Office located at the City Hall of San Juan	Check for RND on duty	None	1 minute	
Personal Data	Interview client, gather personal data.	None	10 minutes	RND
Nutrition Assessment	Evaluate the nutrition needs of the client based on the appropriate data.	None	5 minutes  10 minutes	RND

	Record the client's height, weight, dietary intake.			
Nutrition Counseling	Advise and assist the client on appropriate nutrition intake by integrating information from the nutrition assessment with information on food and other sources of nutrients and meal preparation consistent with cultural background and socioeconomic status. Plan and develop specific nutritional care program.	None	20 minutes	RND
Monitoring of Nutritional Status Follow-up	Assessment of the progress on anthropometric changes.	None	20 minutes	RND