

?

Please add topics below to help us know what handouts to develop next. If the topic is already here, add a \* beside it so we know that topic is in higher demand. This will help us prioritize topics for handout development.

General nutrition***** general handout about nutrition but in a non-weight centric way General healthful nutrition (when MD consults for wt loss and pt wants that as well)*
Adult malnutrition*****
Atypical Anorexia*****
Autoimmune diseases in general. *****
Anti-Inflammatory lu idiet pattern*****
ADD/ADHD***** ADHD (Teen and Adult) – Tips for eating when meds cause low appetite. Combating food/supplement facts and myths (a lot of people say people with ADHD should cut out sugar, processed foods, etc. There is some research on magnesium being good for “crash” symptoms when meds wear off, and some research about other supplements like omega 3s and l-theanine for improving cognitive fx). Also info on ppl who ‘over’eat as a result of
Autism (Child/Adult) (issues like food selectivity/picky eating, interception/less awareness of body cues are common in this population)***** Autism *****
Bariatric Clients Pre/Post OP; with list of all weight loss surgery options and deciding if surgery is the best option ***** Handout to give pts when MD consults for high BMI***** A handout explaining harm of weight loss diets*****8 (and specifically looking at the various weight loss diets including using diabetes meds, WW, Noom, etc).*****
Brain health - particularly TBI, mental health conditions*****
Bipolar Disorder*****
Chronic Kidney Disease ***** End Stage Renal Disease *****

CVD*
COPD ***
CHF
Chronic abdominal pain (with or without underlying GI dx) ***
chronic yeast infections *****
CAD/General Heart Dz (Coronary Heart Disease)*
Diverticulitis/Diverticulosis ***
Diarrhea *****
Eczema***
Endometriosis (gender neutral?) *****
Ehler Danlos Syndrome*****
Epilepsy, adolescent and adult. Lots of history with the keto/atkins diet
Elevated triglycerides*****
Fatty Liver Disease/Non Alcoholic Liver Cirrhosis ****
Fibromyalgia*****
Gastroparesis (in eating disorder care) ***** Gastroparesis*****
Gout *****
Gallbladder dysfunction (gallstones)*****
Gestational Diabetes *****
Hidradenitis Suppurativa****
Hypothalamic amenorrhea*****
Hashimotos *****
Hormonal acne*****

HIV/AIDS - general
IBS *****
(? Idiopathic) Intracranial Hypertension - (often the only recommended therapies are weight loss or lumbar puncture/spinal tap, and it would be so great to have more advice and info to give!) ****
Irregular periods/Anovulatory cycles****
lupus*****
lynch syndrome HNPCC
Lymphoedema/Chronic venous insufficiency/Lipoedema ***** Swelling in the legs***
Mast Cell Disease, Mast Cell Activation Syndrome (low histamine diet recommended, usually involves many body systems with problems like reactions to food, IBS, migraines, and other issues where restrictive/elimination diets are usually recommended. Nausea and lack of appetite are common.)*****
migraine *****
Multiple Sclerosis ****
“Metabolic Syndrome”****
Menopause/peri-menopause *****
Myalgic encephalomyelitis (ME/CFS) **
Osteoarthritis / Joint pain *****
POTS / dysautonomia*****
Pregnancy***** Pregnancy/ fatphobia in IVF (ct being told the reason she’s not getting pregnant is because of weight and body size) ***** Fertility/Trying to Conceive***** Lactation and postpartum nutrition (the Academy's handouts on lactation emphasize weight loss so much :( looking for something that does not emphasize weight loss!)* Postpartum/Breastfeeding*****

Psoriasis *****
Pancreatitis*****
Pre-diabetes (even tho this pre dx is very troublesome, many clients are worried. *****USE DIABETES HANDOUT
RED-S/FAT.*****
Rheumatoid Arthritis *
SIBO/gut dysbiosis *****
Sjogren's syndrome- how to manage dry mouth, movement that may be helpful for joint/muscle pain, impact on kidney function, changes in taste/smell, and heartburn****
Spinal conditions/nerve pain (Degenerative Disc Disorder specifically)***
Unintended weight loss*****
Vertigo
Vitamin D Deficiency *****
Vegan or Vegetarian diets?! *****
Adult/Elite Sport Nutrition - HANDOUT CREATED
High cholesterol - HANDOUT CREATED
Iron-deficiency anemia - HANDOUT CREATED
kidney stones - HANDOUT CREATED
NAFLD - HANDOUT CREATED
Sleep apnea - HANDOUT CREATED

- Gender dysphoria + eating disorder/dysmorphia\*\*\*\*\*
- Clothing/hygiene\*

- Healthy Nutrition for kids living in larger bodies—how to find a middle ground or cause less harm for kids whose pediatricians, etc are using the AAP Clinical Guidelines for Childhood Overw\*ight & Ob\*sity. - YES \*\*\*\*\*
- ARFID\*\*\*\*\*
- PTSD/Complex PTSD \*\*\*\*
- General/harm reduction nutrition for folks who rely on food pantries, are homeless, low income \*\*
- Eating when you have dental problems (tooth pain, gum disease, ill-fitting dentures or no teeth)\*