General Framework for Communicating a Nutrition-Related Healthcare Recommendation

Initiate a nutrition-related healthcare recommendation Return to beginning to gather more nutrition history as required
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nutrition history as required
Explore with the owner all nutrition- and nonnutrition-related healthcare options
Educate the client about the health benefits (and risks) of each option for their pet
Make a clear nutrition-related healthcare recommendation
Check in with the client to gain feedback and modify the recommendation as required
Plan appropriate follow up with the client

The 2021 AAHA Nutrition and Weight Management Guidelines for Dogs and Cats are available at aaha.org/nutrition.

These guidelines were prepared by a Task Force of experts convened by the American Animal Hospital Association (AAHA) and were subjected to a formal peer-review process. This document is intended as a guideline only, not an AAHA standard of care. These guidelines and recommendations should not be construed as dictating an exclusive protocol, course of treatment, or procedure. Variations in practice may be warranted based on the needs of the individual patient, resources, and limitations unique to each individual practice setting.

