

My Diabetes Tutor Launches Pediatric MNT Program: Nutrition StepsSM

Specialized virtual nutrition therapy addresses pediatric overweight, obesity, prediabetes, and broad metabolic conditions through family-centered telehealth.

HANFORD, CA, UNITED STATES, August 17, 2026 /EINPresswire.com/ -- My Diabetes Tutor, a leading provider of virtual diabetes education and telehealth support, today announced the launch of Pediatric Nutrition StepsSM, a specialized Medical Nutrition Therapy (MNT) program delivered virtually by Registered Dietitians. While

building upon the success of the company's Virtual Pediatric StepsSM Diabetes Self-Management Education and Support (DSMES) program—which launched earlier this year as the first virtual pediatric DSMES program of its kind—Pediatric Nutrition Steps expands virtual clinical care to address the nationwide crisis in pediatric overweight, obesity, and metabolic health.

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*Liz Tarabour, MS, RDN, LDN,
CDCES, VP of Clinical
Operations*

Recent public health data underscores an urgent need for targeted nutritional intervention in youth. According to the Centers for Disease Control and Prevention (CDC), 21.1% of U.S. children and adolescents aged 2–19—over 14 million youth—have obesity. Furthermore, prediabetes affects an estimated 28% to 33% of U.S. adolescents, while the incidence of pediatric type 2 diabetes has doubled over the past two decades.

Children living with overweight or obesity face significantly heightened risks as adults, including premature

cardiovascular disease, persistent type 2 diabetes, metabolic syndrome, and non-alcoholic fatty liver disease.



My Diabetes Tutor is now accepting referrals for its new virtual, accredited Pediatrics Medical Nutrition Therapy program.

Pediatric Nutrition StepsSM was established to tackle pediatric overweight and obesity directly, offering evidence-based, compassionate nutritional care that prevents disease progression and supports healthy growth without restrictive dieting.

"Obesity and prediabetes in children require early, proactive management before they manifest as chronic, lifelong conditions," said Liz Tarabour, MS, RDN, LDN, CDCES, Vice President of Clinical Operations, Diabetes Educator and Dietitian at My Diabetes Tutor. "Pediatric nutrition isn't about rigid diets; it's about meeting families where they are and giving them real-world tools to help kids grow and thrive. Our goal with Pediatric Nutrition Steps is to relieve mealtime stress, empower parents, and equip children with sustainable habits that support their long-term health."

While MNT for children with and without diabetes who are affected by overweight or obesity forms the core focus of the program, Pediatric Nutrition StepsSM also provides comprehensive Medical Nutrition Therapy for a wide array of pediatric nutritional and metabolic diagnoses. The program's specialized dietitians deliver individualized care for:

- Overweight, obesity, and prediabetes management
- Hyperlipidemia / high cholesterol and hypertension
- Failure to thrive and growth concerns
- Polycystic Ovary Syndrome (PCOS) and metabolic conditions
- Pediatric kidney disease and gastrointestinal (GI) conditions
- Food allergies, intolerances, and general nutritional support

Delivered through a flexible telehealth model, Pediatric Nutrition Steps eliminates travel barriers, accommodates busy school and family schedules, and offers care in both English and Spanish.

"A child's nutritional requirements evolve rapidly as they grow, making access to specialized pediatric dietitians critical for long-term health," said Dr. Prem Sahasranam, Board-Certified Endocrinologist, Founder, and Chief Medical Officer of My Diabetes Tutor. "By offering virtual Medical Nutrition Therapy, we are giving referring physicians a reliable partner to address obesity, metabolic risks, and complex nutritional conditions early—improving clinical outcomes for the child and supporting the entire family unit."

Pediatric Nutrition StepsSM works in close coordination with referring pediatricians, endocrinologists, and primary care providers, delivering progress notes and clinical feedback directly back to the referring practice.

The program is available by physician referral and is covered by most insurance plans and government programs, including Medi-Cal, at little to no cost to families.

For more information about Pediatric Nutrition StepsSM or to submit a patient referral, visit www.mydiabetestutor.com or contact My Diabetes Tutor at info@mydiabetestutor.com or 844-

623-0999.

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About My Diabetes Tutor

My Diabetes Tutor is a telehealth company that is laser-focused on delivering nationally accredited Diabetes Self-Management Education and Support (DSMES) led by Certified Diabetes Care and Education Specialists—meeting people where they are: cognitively, culturally, and emotionally, whether they are newly diagnosed or have been managing their diabetes for years. We believe that personalized, supportive education changes lives. All education sessions are ADCES-accredited and fully reimbursable by most health plans, and the program has consistently demonstrated tangible results, including lower A1Cs. Through innovative technology and a patient-centered approach, My Diabetes Tutor is transforming the landscape of diabetes care. Education is Therapy for Life!SM

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