

# Registered Dietitian Nutritionists – Your Recipe for Success!

A registered dietitian nutritionist can help you weed through the murky waters of nutrition misinformation and provide sound, easy-to-follow nutrition advice. Here are just a few of the benefits of working with a registered dietitian nutritionist.

## **The highest level of nutrition counseling:**

In addition to holding a bachelor's degree, an RDN must fulfill a specially designed, accredited nutrition curriculum; pass a rigorous registration exam; and complete an extensive supervised program of practice at a health-care facility, foodservice organization or community agency.

**Personally tailored advice:** After learning about your health history, favorite foods, eating, and exercise habits, an RDN will help you set goals and prioritize. Follow-up visits will focus on maintenance and monitoring your progress.

**Help managing chronic diseases:** If you have high cholesterol, high blood pressure, diabetes or cancer, it can be hard to know what to eat. An RDN can review your lab results with you, help you understand your condition and provide education about the nutrients that affect it. Then, he or she will help you create an eating plan that includes all the important nutrients that can help you manage your condition.

## **Guidance navigating food allergies, sensitivities and intolerances:**

When you suffer from conditions like celiac disease, food allergies or lactose intolerance, it's easy to be overwhelmed by what you think you can't eat. That can translate into a boring diet, and may even lead to nutrient deficiencies. An RDN can teach you how to read food labels so you'll know which ingredients to avoid, and help you find substitutions to keep your diet balanced and tasty, too.

## **A weight-loss program that really works:**

A registered dietitian nutritionist will partner with you to develop a safe, effective weight-loss plan that you can stick with for the long haul. To guide and motivate you, an RDN will use creative strategies to help with meal planning, grocery shopping, food journaling and mindful eating.

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