RDNs Can Benefit Your Practice

Adding an RDN to Your Practice is Good Medicine

- **IMPROVE** Patient Health Outcomes
- **DECREASE** Medication Use
- **ACHIEVE** Increased Patient Satisfaction
- **INCREASE** Physician Time, Allowing More Focus on Patient Care

Registered Dietitian Nutritionists Improve Patient Outcomes

Studies of Registered Dietitian Nutritionists (RDNs) using medical nutrition therapy (MNT) show improved patient outcomes in diabetes, hypertension, lipid metabolism disorders, HIV infection, pregnancy, chronic kidney disease, and unintended weight loss in older adults.\(^1\) Additionally, RDNs have demonstrated improved outcomes related to weight management.\(^2\) RDNs deliver care that supports higher performance in value-based models of care.

**RDNs = Positive ROI**

MNT results in improved clinical outcomes and reduced costs for physician time, medication use, and hospital admissions for people with obesity, diabetes, and lipid metabolism disorders, as well as other chronic diseases.\(^3\)

Find an RDN by visiting [www.eatright.org](http://www.eatright.org).

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Registered Dietitian Nutritionists

Optimizing Health through Food and Nutrition

Registered dietitian nutritionists, or RDNs, are the food and nutrition experts, translating the science of nutrition into practical solutions for healthy living. Working in a number of practice settings, RDNs advance the nutritional status of their patients and clients.

RDNs are recognized as the most qualified food and nutrition experts by the National Academy of Medicine (formerly IOM).¹

RDNs receive extensive training that combines academic preparation with hands-on, practical client and patient experience.

- Minimum of a Bachelor’s degree
- Participate in an accredited practice program
- Pass a national registration
- Maintain their credential through continuous education
- Over half of RDNs hold a graduate degree

