Registered Dietitian Nutritionists Improve Patient Outcomes

Results of studies of Registered Dietitian Nutritionists (RDNs) who use 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. In adults with overweight and obesity receiving MNT, studies showed average cost savings of $52,000-$99,000 using incremental cost-effectiveness ratios, with only 2.8% inpatient hospital admissions vs. 22.5% for patients not receiving MNT, and an average 17 years of quality of life gained.

Find an RDN by visiting www.eatright.org.

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. Physicians, clients, patients, industry and government agencies value and trust the contributions of RDNs. Primary care physicians identified dietitians as the most qualified provider to care for patients with obesity.

2. 70% indicated that RDNs are the most trusted source for information about what types of food to eat.

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

