



eat right. an affiliate of the
American Dietetic Association

7740 Manchester Ave, Suite 102

Playa del Rey, CA 90293-8499

310-822-0177

<http://www.dietitian.org>

Registered Dietitians (RD)

Promoting Health Through Food & Nutrition Expertise

Registered **D**ietitians have the skills and knowledge to translate nutrition science into practical information. An RD can provide Medical Nutrition Therapy, a personalized plan of healthy eating based on an individual's nutritional needs and medical history.

Where can RDs be found?

- Private Practice, Physician's Offices & Medical Clinics
- Health & Fitness Clubs
- Corporate Wellness
- Schools & Restaurants
- Community/Public Health Centers
- Dialysis Centers
- Foodservice
- Business & Industry

Consult an RD today and Start Improving Your Health!

Visit <http://www.dietitian.org> to find a Nutrition Professional in your area.

Top 10 Reasons to see a Registered Dietitian

1. You want to eat smarter and healthier.
2. You need to lose or gain weight.
3. You want to better manage diabetes, high blood pressure, heartburn, or another medical condition.
4. You want to learn how to stay healthy.
5. You want to prepare quick easy meals.
6. You want to have nutritious snacks readily available.
7. You want to improve your performance in sports.
8. You are concerned about your nutritional needs as you age or are caring for an ageing parent.
9. You want to learn about the role of nutrition in exercise.
10. You want to know what to **Eat on the Go.**