



eat right. an affiliate of the
American Dietetic Association

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<http://www.dietitian.org>

Registered Dietitians (RD)

Your Most Credible Source of Nutrition Information

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.

Nutrition education is cost effective for individuals, corporations and insurance companies. Studies show that Medical Nutrition Therapy can:

- Decrease the length of hospital stay,
- Reduce the complications of chronic disease such as diabetes, heart disease and hypertension
- Decrease the chance of low birth weight infants
- Improve the health and well being of all people
- Help you change your eating habits
- Increase your performance in sports
- Lose weight and maintain a healthy weight

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 have diabetes, cardiovascular problems, high blood pressure, cancer, or other chronic disorder.
2. You are thinking of having or have had gastric bypass surgery.
3. You have digestive problems.
4. You are pregnant, trying to get pregnant, or breastfeeding your baby.
5. You are concerned about your young child's weight or risk of becoming overweight.
6. Your teenager has issues with food and is showing signs of an eating disorder.
7. You need to gain or lose weight.
8. You are caring for an ageing parent or concerned about your nutritional needs as you age.
9. You want to eat smarter and help your family eat healthier.
10. You want to improve your performance in sports.