

Who's Dishing Out Your Nutrition Advice? Consumers Beware: Make Sure Your Source Is a Registered Dietitian

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CHICAGO – Would you take food and nutrition advice from someone who eats from a bowl on the kitchen floor and likes to chase squirrels?

Sir Edward of Dundee (a.k.a. Eddie) Diekman of St. Louis, Mo., has two main “qualifications” for dishing out nutrition advice:

1. He is a member in good standing of the American Association of Nutritional Consultants, with a certificate to prove it.
2. His owner is a registered dietitian.

Eight-year-old Eddie is an English cocker spaniel belonging to registered dietitian Connie B. Diekman and her husband Leo. Connie is the president of the American Dietetic Association and the director of university nutrition at Washington University in St. Louis. Eddie obtained membership in the American Association of Nutritional Consultants in January, and he has a certificate to prove it.

“Consumers beware: Not all nutritionists are created the same,” Diekman says. “Eddie is living, barking proof that anyone can become a member of an organization of purported nutrition experts, even if they have no more qualification to give nutrition advice than a dog.

“When you need trusted, accurate, timely and practical nutrition advice, you need to seek the advice of a registered dietitian,” Diekman says.

During National Nutrition Month, the American Dietetic Association urges all consumers to look for the RD credential: “RDs know the science of nutrition,” Diekman says. “Our required degrees in foods, nutrition, dietetics, public health or related fields such as biochemistry, medicine or a nutrition specialty in family and consumer sciences come from well-respected, accredited colleges and universities.”

For a copy of Eddie's membership certificate and photos of Eddie and Connie Diekman e-mail media@eatright.org.

With more than 67,000 members the American Dietetic Association is the nation's largest organization of food and nutrition professionals. ADA serves the public by promoting optimal nutrition, health and well-being. To locate a registered dietitian in your area, visit the American Dietetic Association at www.eatright.org.

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