



REGISTERED DIETITIANS...

Bring Food and Nutrition Expertise to the Table

Who is a Registered Dietitian?

Registered dietitians are food and nutrition experts, translating the science of nutrition into practical solutions for healthy living. The expertise, training and credentials that back a registered dietitian are vital for promoting positive lifestyle choices

Trust a Registered Dietitian

When you need food and nutrition information based on fact or need to know how a healthy diet improves health and fights disease—rely on qualified professionals in the field.

Registered dietitians draw on their experience to develop a personalized nutrition plan for individuals of all ages. They are able to separate facts from fads and translate nutritional science into information you can use. A registered dietitian can put you on the path to lowering weight, eating healthfully and reducing your risk of chronic disease.

R D = EXPERT

Registered dietitians know the science of nutrition. They have degrees in nutrition, dietetics, public health or a related field from well-respected, accredited colleges and universities. RDs must also complete a supervised examination administered by the Commission on Dietetic Registration and earn professional education credits to maintain registration.

Looking for a Registered Dietitian?

When you need trusted, accurate, timely and practical nutrition advice, seek the services of a registered dietitian.

To find a registered dietitian in your area, visit www.eatright.org/findanRD to connect with our Nationwide Nutrition Network.



American Dietetic Association

www.eatright.org | *Your link to nutrition and health™*