For Sound Nutrition Advice, always look for a **Registered Dietitian (RD)**

Where can a Registered Dietitian be found?
- www.eatrightutah.org
- Hospitals
  - Inpatient & Acute Care
- Ambulatory Care Centers
- Health Clinics
- Private Practice
- Dialysis Centers
- Physician's Offices
- Wellness Centers
- School Food Services
  - Restaurants
  - Hospitality
  - Public Health
  - Culinary Arts
  - Food Companies
- Business & Industry
- Government Agencies
- Universities
- Research
- Journals & Magazines
- Military

Taking Steps For A Healthier UTAH

Eat Right, Feel Right!

The UTAH Dietetic Association, an Affiliate of the American Dietetic Association, are Registered Dietitians who are nutrition professionals dedicated to promoting optimal nutrition, health, and well being.


Visit www.eatrightutah.org

**Registered Dietitians**

Helping You and Your Family Achieve Optimal Health Through Nutrition, Exercise and Healthy Lifestyle Habits.

It’s your Health Take Care of Your Life
NUTRITIONIST or DIETITIAN:

What’s the Difference?

Registered dietitians are required to meet very specific and rigorous educational and professional standards. In the state of Utah, the title - Registered dietitian - is regulated by DOPL (Department of Occupational and Professional Licensing).

Therefore, in Utah, the letters CD (Certified Dietitian) will also follow the professional’s name i.e. John Doe RD, CD.

To be safe, always check with DOPL to verify the certification or licensing expertise you are depending on for your nutrition health.

Look for the Credentials - RD - *Registered Dietitian, indicating the practitioner has completed course work in food and nutrition sciences, food service systems management, business, economics, computer science, culinary arts, sociology, communications, biochemistry, physiology, microbiology, anatomy and chemistry from an accredited university earning a bachelor’s, master’s or doctorate degree in nutrition.

* They complete an Internship or supervised Practice Program administered by Commission on Accreditation for Dietetic Education (CADE) of the American Dietetic Association (ADA).

* Must pass a national examination administered by the Commission on Dietetic Registration (CDR).

* Kept current through continuing education accreditation by CADE.

The RD provides nutrition evaluation through Medical Nutrition Therapy (MNT) that has been found to be cost effective by reducing health care costs and improving patient outcomes for individuals, corporations, and insurance companies.

MNT addresses:

Healthy Choices

- Nutrition assessment
- Access to programs and services
- Sorting through myths and misinformation
- Understanding food labels
- Wise food choices

Chronic Disease Management

- Customizing diets
- Working closely with physicians
- Developing eating plans:
  - Obesity,
  - High blood pressure,
  - High cholesterol,
  - Pre diabetes & diabetes,
  - Digestive problems,
  - Cancer,
  - Food allergies,
  - Heart attack or stroke,
  - Blindness ,
  - Kidney failure.

Weight Control

- Gaining or losing weight
- Eating disorders
- Long term weight control/stop the yo-yoing
- Setting goals to achieve results
- Incorporating physical activity
- Considering gastric bypass surgery

Children/Adolescents

- Optimal growth and development
- Improve performance in sports
- Young children’s proper weight
- Teenage issues with food
- Balancing nutrition choices

Pregnancy

- Pre-pregnancy
- Eating well to support a healthy birth
- Breast feeding
- Need for:
  - Folate,
  - DHA,
  - Iron,
  - Other important nutrients.

Supplements

- Vitamin/mineral or other nutritional supplements
- Complimentary and alternative medicine
- Age and health requirements
- Nutrition status screening

Aging

- Food and/or drug interaction
- Proper hydration
- Changing taste buds
- Eating poorly or losing weight
- Plan of care design for extended stay
- Palliative nutrition needs

What are the benefits of seeing an RD?

The RD provides nutrition evaluation through Medical Nutrition Therapy (MNT) that has been found to be cost effective by reducing health care costs and improving patient outcomes for individuals, corporations, and insurance companies.