

Every body can use  
a registered dietitian.

- People interested in healthy eating
- Concerned parents
- Individuals with eating disorders
- Athletes
- People with digestive problems
- People with cancer
- People with heart disease
- Pregnant or nursing women
- Individuals with diabetes
- Patients preparing for and/or recovering from surgery
- Individuals with high blood pressure or high cholesterol
- Seniors
- People who want to slim down
- People who need to gain weight
- **You!**



**eat right.** an affiliate of the  
American Dietetic Association

New York State Dietetic Association

Where will you find a  
registered dietitian?  
**EVERYWHERE.**

- Hospitals
- Public health clinics
- Private practice
- Dialysis centers
- Physicians' offices
- Nursing homes
- Wellness centers
- Restaurants
- Food and pharmaceutical companies
- Government agencies
- Schools and universities

Find a registered dietitian near you!

For more information, including the location of registered dietitians in your area, please visit us today at [www.eatrightny.org](http://www.eatrightny.org)



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Who needs expert  
nutrition advice?  
**EVERY BODY.**



But not just from  
**ANYBODY.**



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Nobody is more qualified to give you nutrition advice than a registered dietitian.



With more than 6,000 registered dietitians across New York State, there's one near you.

You wouldn't entrust your child's health to anyone but a pediatrician, or your oral health to anyone but a dentist. And when it comes to your nutritional health, you should trust only a registered dietitian.



People of all ages can benefit from seeing a registered dietitian.

Like other certified/licensed health professionals, registered dietitians are trained specialists, offering a higher level of nutrition expertise and services that you simply won't find anywhere else.

### Registered dietitians bring a lot to the table.



Some registered dietitians work in hospitals, public health clinics, or private practice, while others specialize in fields like pediatrics or oncology. All have one thing in common: a rigorous, *science-based* education separating them from non-credentialed nutritionists, personal trainers and wellness coaches. Registered dietitians are required to:

- Hold a Bachelor's, Master's or Doctorate degree from an accredited college or university
- Pass a rigorous, national examination
- Complete a supervised 1,200-hour internship in the field of nutrition
- Earn continuing education credits throughout their career

Only registered dietitians have this unique combination of education, training and expertise, making them the most credible source for expert nutrition advice.

A registered dietitian will design a wellness and nutrition plan that's right for *your* body. Not just *any* body.

Registered dietitians provide practical solutions for healthy living based on medical facts, not fads. This puts you – or your loved one – on the path to a healthier lifestyle.

Registered dietitians often work in conjunction with your physician. Studies show that this team approach has big benefits such as:

- Preventing and slowing the onset of diabetes-related complications
- Reducing the risk of coronary artery disease
- Reducing medication costs
- Reducing the length of hospital stay
- Reducing the rate of serious perinatal complications in infants
- Minimizing weight loss in patients receiving chemotherapy
- Improving health outcomes in patients with HIV
- Improving recovery in patients suffering from anorexia or bulimia

