

## WHAT CAN A DIETITIAN DO FOR YOU?

Registered dietitians or RDs are **THE** food and nutrition experts. They translate the science of nutrition into practical healthy living solutions.

RDs draw on their experience and knowledge to develop a personalized nutrition plan for individuals of all ages. They are able to separate facts from fads and provide nutrition information and recommendations that you can use.

### *Here are 10 ways a registered dietitian can help you and your family*

1. You realize that you need to feed your family healthier foods but with your busy schedule you often do not have time to prepare meals.

*A registered dietitian can help you integrate healthy, convenient meals into your schedule with suggestions for shopping, meal planning and food preparation.*

2. You are concerned that your new infant is not eating enough and need help and confidence for breastfeeding.

*A registered dietitian can provide guidance and assurance that you and your infant are getting enough iron, vitamin D, fluoride and B vitamins.*

3. Your teenager has issues with food and eating healthfully.

*Teens often have the wrong information. They misunderstand nutrition information from the internet, television or their peers. A dietitian can clear up some of these misconceptions with applicable facts and recommendations.*

4. Your child may have food allergies.

*A dietitian can help identify possible food allergies or intolerances and provide individual education and advice on eliminating these foods and finding substitutions so your child can maintain a nutritionally complete diet.*

5. Your child is starting to eat solid foods and you are not sure what, how much or how frequently to feed.

*Often parents just need some guidance and support. Your dietitian can sort through all of the information you have heard from well meaning family and friends to help you determine and plan what is best for your child and family.*

6. Your child has decided to become a vegetarian. WHAT???

*A dietitian can assess your child's nutrient requirements and make sure a vegetarian diet is complete. Information a dietitian can provide is key to ensuring parents are comfortable and confident that their child knows what to do and what foods they need to have available.*

7. You do not know what to pack for your child's lunch.

*A dietitian can work with you and your child to find nutritious foods that they are willing to eat and work with the school to make sure any necessary accommodations are made.*

8. You have one child who will eat everything but your other child will not eat anything.

*Your dietitian can help with meal planning and educate the family on techniques and ways to try new foods while maintaining a healthy diet that does not require short order cooking.*

9. Your child is very active in sports and wants to improve performance.

*Children have very specific nutrient needs not only to maintain health but to promote growth. The more activity the higher the calorie needs. A dietitian can assess your child's particular needs considering many factors including activity, growth, schedule, lifestyle, performance, and food preferences. .*

10. Your child has been told he is fat and now he wants to lose weight.

*A dietitian can help you and your child determine the need for weight control, diet change and exercise while maintaining health and promoting growth. When body image turns negative a dietitian can provide education, support and guidance.*

One last thing the "RD" is a credential that is authorized by the Commission on Dietetic Registration of the Academy of Nutrition and Dietetics. Individuals with the RD credential have fulfilled specific and rigorous education requirements. They have passed a registration exam in addition to maintaining continuing education requirements. Some RD's call themselves nutritionists but not all nutritionists are Registered dietitians. NSP has one working alongside your medical providers. **Make an appointment.**