

NUTRITION EDUCATION



What is a Registered Dietitian?

Registered dietitians are your most reliable source of nutrition information. Look for the initials RD behind a person's name as this means the practitioner has:

- Completed a Bachelor's, Master's or Doctorate degree in nutrition
- Passed a national exam
- Maintained continuing education hours

Registered dietitians are trained in the science of nutrition to help patients achieve their health and fitness goals.

When was Your Last Nutrition Check-up?

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.

Watson Clinic Registered Dietitians

Nancy Ulm, RD, CDE, LD – (Main Clinic)

Ashley Cicchirillo, RD, LD – (Main Clinic)

Carol Herendeen, RD, LD/N – (Kidney Center)

WATSON CLINIC LLP

Quality Healthcare for Every Generation

NUTRITION EDUCATION



Top 10 Reasons to see a Registered Dietitian

- 1 You want to learn to eat smarter and help your family eat healthier.
- 2 You have diabetes, cardiovascular problems, high blood pressure, cancer or other chronic disease.
- 3 You have digestive problems.
- 4 You are thinking of having or have had gastric bypass surgery.
- 5 You are pregnant, trying to become pregnant or breast feeding your baby.
- 6 You would like to learn to eat healthier to improve your performance in sports.
- 7 You would like assistance in gaining, losing or maintaining body weight.
- 8 You are concerned about your child's weight or risk of becoming overweight.
- 9 Either you or someone you know has an eating disorder and needs appropriate nutrition counseling.
- 10 You would like to help prevent or delay the onset of a chronic disease.

Call **863-680-7490** to schedule an appointment with a registered Watson Clinic dietitian.

(Must have a referral from Watson Clinic physician)

WATSON CLINIC LLP

Quality Healthcare for Every Generation

863-680-7490 • www.WatsonClinic.com