

# 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<sub>LLP</sub>**

*Quality Healthcare for Every Generation*

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## 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 breastfeeding 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.**

*(Must have a referral from a Watson Clinic physician)*

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