

# NUTRITION EDUCATION



## WHAT IS A REGISTERED DIETITIAN?

Registered dietitians (RD) 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
- Maintains 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 treat both children and adults for obesity, diabetes and a variety of additional nutrition-related conditions. They draw on their experience to develop a personalized nutrition plan, and 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.

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## TOP REASONS TO SEE A REGISTERED DIETITIAN

- You want expert guidance to learn how to eat healthier and make better food choices.
- You have pre-diabetes, diabetes, cardiovascular disease, high blood pressure, cancer or other chronic disease or would like to help prevent or delay the onset of a chronic disease
- You have digestive problems or food allergies
- You are thinking of having or have had bariatric (weight loss) surgery
- You are pregnant, trying to become pregnant or breastfeeding your baby
- You would like to learn to eat healthier to improve your performance in sports
- You would like assistance in gaining, losing or maintaining body weight
- You want your child to learn about healthy eating
- You have an eating disorder and need nutrition counseling

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CALL **863-680-7490** TO  
SCHEDULE AN APPOINTMENT.

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

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