

# Registered Dietitians...

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## Bring Food and Nutrition Expertise to the Table

### Who is a Registered Dietitian?

Registered dietitians are food and nutrition experts, translating the science of nutrition into practical solutions for healthy living. The expertise, training and credentials that back a registered dietitian are vital for promoting positive lifestyle choices

### Trust a Registered Dietitian

When you need food and nutrition information based on fact or need to know how a healthy diet improves health and fights disease— rely on qualified professionals in the field.

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.

### RD=Expert

Registered dietitians know the science of nutrition. They have degrees in nutrition, dietetics, public health or a related field from well-respected, accredited colleges and universities.

### Looking for a Registered Dietitian?

When you need trusted, accurate, timely and practical nutrition advice, seek the services of a registered dietitian.

To find a registered dietitian in your area, visit [www.eatright.org](http://www.eatright.org) and click on "Find a Nutrition Professional" to connect with our Nationwide Nutrition Network.

