

Why should you be referring to a Registered Dietitian Nutritionist?

Nutrition is an essential component of comprehensive healthcare



America Diabetes Association 2024 Standards of Care in Diabetes: "...all health care professionals should refer people with diabetes for individualized **MNT (Medical Nutrition Therapy)** provided by **RDN (Registered Dietitian/Nutritionist)** at diagnosis..."



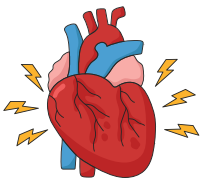
Weight management is an important component in managing chronic diseases. **Registered Dietitian/Nutritionist** are there to help tailor an individualized eating pattern, which can result in energy deficit to achieve reduction in an excess body weight and improve clinical indicators.



Systematic reviews have highlighted the existing knowledge gaps of medical nutrition education among healthcare providers. **Registered Dietitians/Nutritionists (RDN)** are knowledgeable and well trained to fill in this gap. Your patients will benefit from this knowledge when you refer them to us.



What does it mean when you say to your patients **"eat healthy"** or **"eat low sodium diet,"** for example? **Registered Dietitian/Nutritionist (RDN)** are the experts to explain and help your patients achieve these goals when you refer them.



Cardiovascular diseases are the leading cause of death in the **United States**. Nutrition has been found to be the main cause, and a **Registered Dietitian/Nutritionist (RDN)** can help tailor nutrition interventions to assist your patients in reducing their risk.

For more information
please scan this QR code.

