

Who is a Registered Dietitian?



Confused about the difference between a Nutritionist and Registered Dietitian (RD)? Not sure who is best trained to provide you and your loved ones with sound nutrition advice? Look no further. This useful guide will help you better understand where to turn when you are in need of quality dietary guidance.

Though the two are often used interchangeably, “nutritionist” is not synonymous with “registered dietitian.” Nutritionist is not a professionally regulated term – meaning that people who call themselves nutritionists do not necessarily have any specific academic or training requirements in the field. On the other hand, “registered dietitian” is a professionally regulated term. Registered dietitians are food and nutrition experts who have met specific criteria to earn the RD credential. This criteria includes:

- Completing a minimum of a bachelor’s degree at a U.S. regionally accredited university or college. The course work must be approved by the Commission on Accreditation for Dietetics Education (CADE) of the American Dietetic Association (ADA).
- Completing a CADE-accredited supervised practice program at a healthcare facility, community agency, or a foodservice corporation, combined with undergraduate or graduate studies. These programs generally run six to 12 months, requiring a minimum of 900 hours.
- Passing a rigorous national board examination administered by the Commission on Dietetic Registration (CDR).
- Completing 75 hours of approved continuing professional education credits every five years to maintain registration status.

Many RDs hold advanced degrees and additional certifications in specialized areas of practice. What’s more, in most states such as Ohio, RDs must be licensed to practice medical nutrition therapy.

How a Dietitian Can Help You

Traditionally, registered dietitians have worked in hospitals, outpatient clinic facilities or foodservice departments. Nowadays, you can find RDs teaching and consulting in wellness centers, fitness facilities, grocery stores, corporate settings, schools, colleges and universities. Registered dietitians provide nutritional guidance for professional sporting teams, major food manufacturers and government offices. The variety of services dietitians can offer is virtually endless.

Whether you need nutritional guidance to lose weight, control diabetes, lower your cholesterol or blood pressure, boost energy, plan healthy meals, or just improve the overall health of your family, a registered dietitian can help. Below is a list of resources to help you find a dietitian in your area.

Cleveland Clinic Preventive Cardiology & Rehabilitation
216.444.9353

eClevelandClinic MyConsult Nutrition Counseling
eclevelandclinic.org

Cleveland Clinic Department of Nutrition Therapy
216.444.3046

To find a registered dietitian nearest you: eatright.org
(website for the American Dietetic Association)

Information gathered for this article from the American Dietetic Association's website eatright.org

Here's to Your Good Health

You can enjoy tremendous health benefits when you make small but significant changes in the way you eat. A great first step is to take advantage of the Healthy Appetite program, designed by Cleveland Clinic and Heinen's. For nutrition tips and meal ideas, please visit www.heinens.com/healthyappetite. Here's to your good health!

Healthy Appetite

Bringing you
the resources of
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This brochure is brought to you by **Healthy Appetite**, a program designed by **Cleveland Clinic and Heinen's** to provide shoppers with nutritional and educational information, so they can make healthier food and lifestyle choices – choices that will ultimately enhance personal health and wellness.

This information should be relied upon for health education purposes only. It does not provide a complete overview of the topics covered and should not replace the independent judgment of a physician.



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