



WHAT IS A DIETITIAN?

Recognized by medical professionals and insurance companies as the most valuable sources of nutrition information.

They provide reliable and up-to-date food and nutrition information. Their recommendations are backed by sound nutritional research and evidence-based practice.

DIETITIAN OR NUTRITIONIST? WHAT'S THE DIFFERENCE?

DIETITIAN

4-year degree or a Masters in Nutritional Sciences from an ADA (American Dietetic Association) accredited college or university

Complete an accredited supervised practice program at a hospital, community agency, and a food service organization

Pass a national board exam before acquiring the title of Registered Dietitian

Complete continuing education requirements through accredited courses, seminars, etc. in order to maintain registration

NUTRITIONIST

"Nutritionist" is a general term that is not regulated

Some nutritionists have no formal education in nutrition

Some have certifications and many of these certifications are given through online courses of varying quality standards.



GET ONE-ON-ONE NUTRITION COUNSELING

Personal one-on-one counseling with a Registered Dietitian to develop an individualized nutrition plan based on client's needs and goals. Follow-up sessions include assessments involving progress tracking of weight, body measurements, body fat, and the discussion of personalized nutrition plan, portions, label reading, dining out, behavioral modification, goal setting and more.

**Couples counseling available





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SERVICES

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A dietitian must have at least a 4-year degree or a Masters in Nutritional Sciences from an ADA (American Dietetic Association) accredited college or university. Additionally,

- Complete an accredited supervised dietetic internship.





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