**DIVERSE ROLE OF A BEST DIETICIAN IN DELHI**

**To eat is a necessity, but to eat intelligently is** **an art**. People often forget that what we eat today will determine the future of our bodies tomorrow. A genuine misconception is that you cannot eat what you like if you start planning a diet but the opposite is true. Eating healthy doesn't mean to avoid eating, skipping meals, or only eating green vegetables**. In fact you can be a foodie and still have a healthy diet.** The joy of eating should always be there. Dieticians and nutritionists are there to make this easy for you.

Now the next big question is what is the difference between a dietician and a nutritionist? While the 2 terms are similar in a lot of ways be it their common objectives, a similar line of work, and almost similar education, there still are differences.

The difference between the two is as follow:

1) **Educational Qualification**: the criteria to become a dietician are heavily regulated. A proper degree and license are required for that because they deal with patients of medical and diagnostic nature. People often visit with chronic diseases that require a change in dietary plans. For example: high cholesterol, diabetes, heart problems. While on the other hand, a nutritionist doesn't require a proper degree. They can be self-taught or have a PhD in nutrition studies.

2) **Working Areas**: Most of the dietitians work in medical settings such as hospitals and clinics. They treat patients with diseases and take care of their dietary plans after surgery etc. Their area of work can also expand to pharmacies, insurance companies, and other areas in the healthcare industry. On the other hand, a nutritionist has a completely different area of work. They work in a more commercial setting such as fitness centers, restaurants, and corporate cafeterias to plan healthy meals for their clients. They often work at government schools to teach the students general awareness about a balanced lifestyle.

***So it can be said that a dietician is also a nutritionist but a nutritionist in not a dietitian.***

Apart from this dietitians can also be of various types:

1**) Clinical Dieticians:** There work setting is usually hospitals and they treat the patients admitted there. They take care of dietary plans for patients diagnosed with cancer, kidney problems, etc. These dietitians plan the diet of each patient according to their illness, weight, medical history, and can help in assessing acute needs and prioritizing life-threatening situations. They also give counseling for nutrition-oriented goals.

2) **Food Service Management Dietitian**: Their main work is to meet the adequate food safety guidelines for a larger organization like schools, military base, etc. They can advocate for public policies and provide expertise in community settings and public health organizations like Women, Infants, and Children (WIC).

3**) Community Dietician**: There target audience is the whole population or community instead of an individual. They take steps on the behalf of society like community cooking initiative, diabetes prevention intervention. They also focus on health issues.

4**) Research Dietician**: Their area of work is research in hospitals, universities, and organizations.

So after all this one thing is clear that **the word dietician is very vast and diverse.** This means that they can treat nutrition problems that may arise from cancer or its treatment, as well as work with a client to prevent the onset of diabetes. In hospitals, they treat patients who are clinically malnourished, as well as those who require nutrients via feeding tubes.

Dieticians don’t just follow the newest diet trends but also develop standardized recommendations to their patients. They make diet and nutrition programs specialized for an individual’s objectives and personal needs.

But people often misinterpret the term dietitian by merely a person who plans a diet chart. Dietician is a growing field in the modern world and the young generation understands its importance and role. Dietician is needed not only to lose weight, but to maintain a healthy and balanced body. **A healthy body** **also ensures a healthy mind**. If you intake a nutritious diet not only your attention span will increase but your memory retention will also boost. Your skin will glow naturally without using any artificial makeup and you will feel fresh and more alive.

So there is no harm in visiting a dietitian to lead a healthy lifestyle. Because it’s better to build wellness rather than treating a disease. As Jim Rohn rightly said "Take care of your body. It's the only place you have to live."