



What Can a Registered Dietitian Do For You?

Between what you hear on television and read in the news, eating right can seem like a major challenge. It doesn't have to be! Whether you want to slim down, lower your cholesterol, or simply eat better, a registered dietitian (RD) can help you by providing sound, easy-to-follow nutrition advice.

Personally Tailored Advice

When you see a registered dietitian, the last thing you get is a one-size-fits-all diet advice. After learning about your health history, favorite foods, eating and physical activity habits, a dietitian will help you set goals and prioritize. Follow-up visits will focus on maintenance and monitoring your progress.

Help Manage Chronic Diseases

If you have high cholesterol, high blood pressure, diabetes, or cancer it can be hard to know what to eat. An RD can review your lab results with you, help you understand your condition, and provide education about the nutrients that affect it. Then, the dietitian can help you create an eating plan that includes all the important nutrients that can help you manage your condition.

Guidance Navigating Food Allergies, Sensitivities, and Intolerances

Suffering from conditions such as celiac disease, food allergies, or lactose intolerance can cause you to feel overwhelmed by what you think you can't eat. An RD can teach you how to read food labels so you'll know which ingredients to avoid and help you find substitutions to keep your diet balanced and tasty, too.

A Weight Loss Program that Really Works

Fad diets may sound like the easiest way to lose weight but they rarely work for very long. A registered dietitian will partner with you to develop a safe, effective weight loss plan that you can stick with for the long haul. To guide and motivate you, an RD will use creative and out-of-the-box strategies to help with meal planning, grocery shopping, food journaling, and mindful eating.

Women Who are Pregnant or Trying to Become Pregnant

A registered dietitian can help make sure you get nutrients like folate, especially during the first three months of pregnancy, lowering your newborn's risk for neural or spinal cord defects. An RD can also help women optimize chances to become pregnant by helping to ensure specific nutritional needs are met.

Nutrition and Sports

If you want to improve your performance in sports, a registered dietitian can help you set goals to achieve results-whether you are running a marathon, skiing, or jogging.

****Call 330-493-0313 to set up an appointment with our on-site dietitian.**