

# Registered Dietitian Nutritionists

## Bring Food and Nutrition Expertise to the Table

### What Is an RDN?

Registered dietitian nutritionists, or RDNs, are the food and nutrition experts, translating the science of nutrition into practical solutions for healthy living. The expertise, training and credentials that back a registered dietitian nutritionist are vital for promoting positive lifestyle choices.

### RDN Trust

The Credential to

When you need food and nutrition information based on fact, or need to know how a healthy diet improves health and fights disease, registered dietitian nutritionists are your go-to source.

This is because individuals with the RDN credential have fulfilled specific requirements, including having earned at least a bachelor's degree (about half of RDNs hold advanced degrees), completed a supervised practice program and passed a registration examination — in addition to maintaining continuing education requirements for recertification.

### Take the! Next Step!

RDNs can put you on a path to lowering weight, eating healthfully and reducing your risk of chronic disease. Make an appointment with an RDN today!

