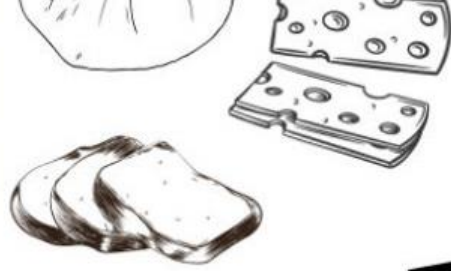


**ASK THE RD... WE  
KNOW ABOUT  
FOOD**

**JULIE BARBARO, RDN, IFNCP**



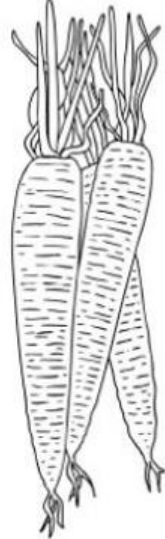
— I'M A —

*Dietician*

— NOT THE —

*Food Police*

EAT WHATEVER  
YOU LIKE.



# WHAT'S AN RD?

- *“A registered dietitian is a food and nutrition expert who can translate the science of nutrition into practical solutions for healthy living.”*

# IN OTHER WORDS, WE CAN:

Educate	Educate patients/clients about what to eat for optimal health
Use	Use nutrition practice as part of medical therapy
Manage	Manage foodservice operations
Connect	Connect food, fitness and health
Teach, mentor and advise	Teach, mentor and advise the public to improve quality of life through healthy eating
Work in	Work in research to solve critical nutrition questions

**EVERY  
REGISTERED  
DIETITIAN IS A  
NUTRITIONIST,  
BUT NOT EVERY  
NUTRITIONIST IS  
A REGISTERED  
DIETITIAN**



# WHAT'S THE DIFFERENCE BETWEEN AN RD & A NUTRITIONIST?

## RD'S

- Bachelor's degree accredited by ACEND
- Verification statement from DPD
- 1200 hours supervised internship
- CRD exam, board certified
- Help diagnose and treat disease (MNT)
- Can be reimbursed from insurance

## NUTRITIONIST

- Degree in nutrition
- Focus is food behavior
- May or may not have a certification (CNS-exam & 1000 practice hours)
- Not reimbursed from insurance
- Regulation varies by state

# WHICH ONE IS RIGHT FOR YOU?

What are your health and wellness goals?

Are you dealing with a medical issue or disordered eating?

# FINDING AN RD



TALK TO YOUR PRIMARY  
CARE PHYSICIAN



GO TO [EATRIGHT.ORG](https://eatright.org)  
“FIND AN RD”



CHECK WITH YOUR  
INSURANCE PROVIDER

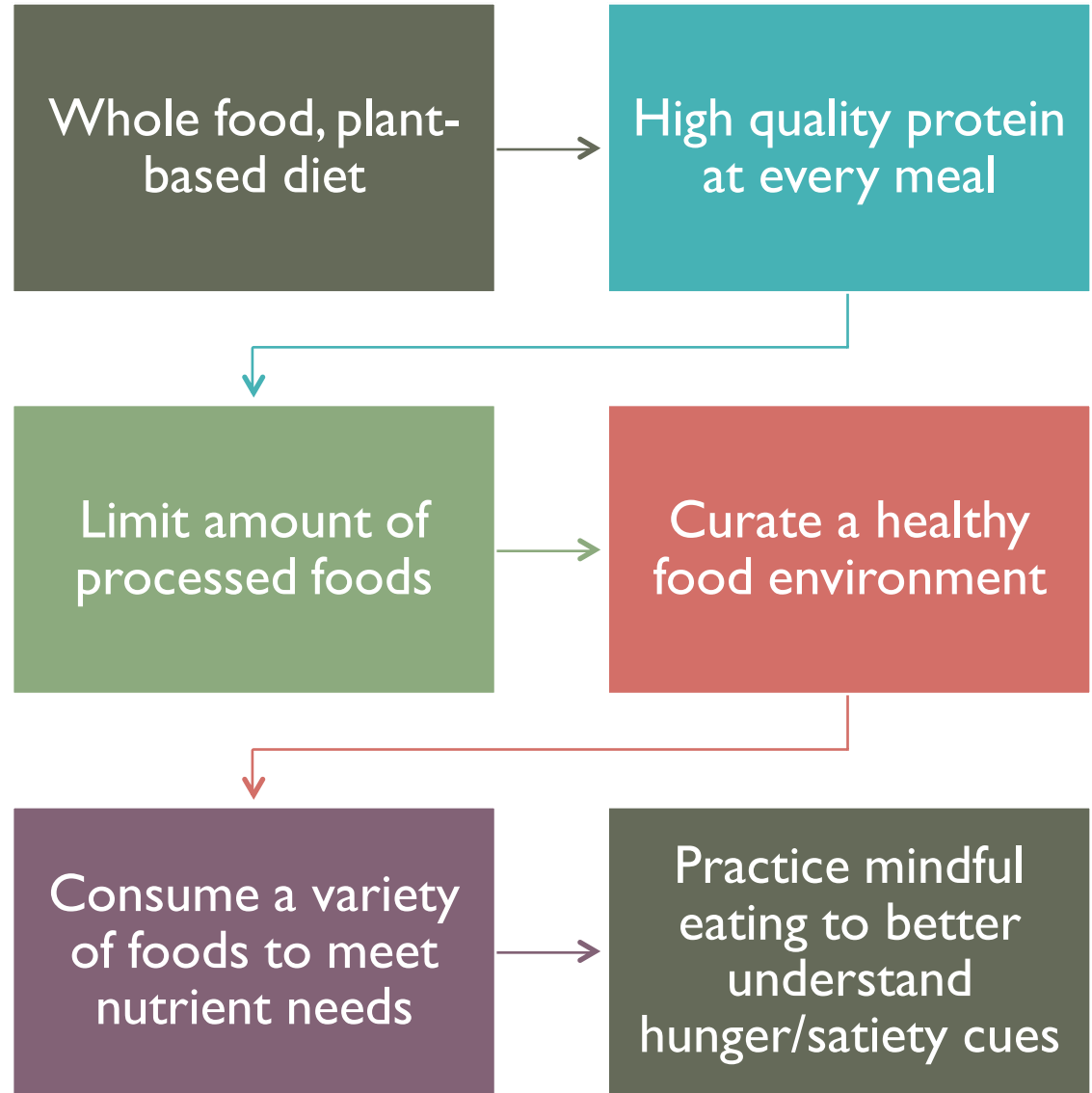


**WHAT SHOULD  
WE BE EATING?**

**I'M SO GLAD YOU ASKED**

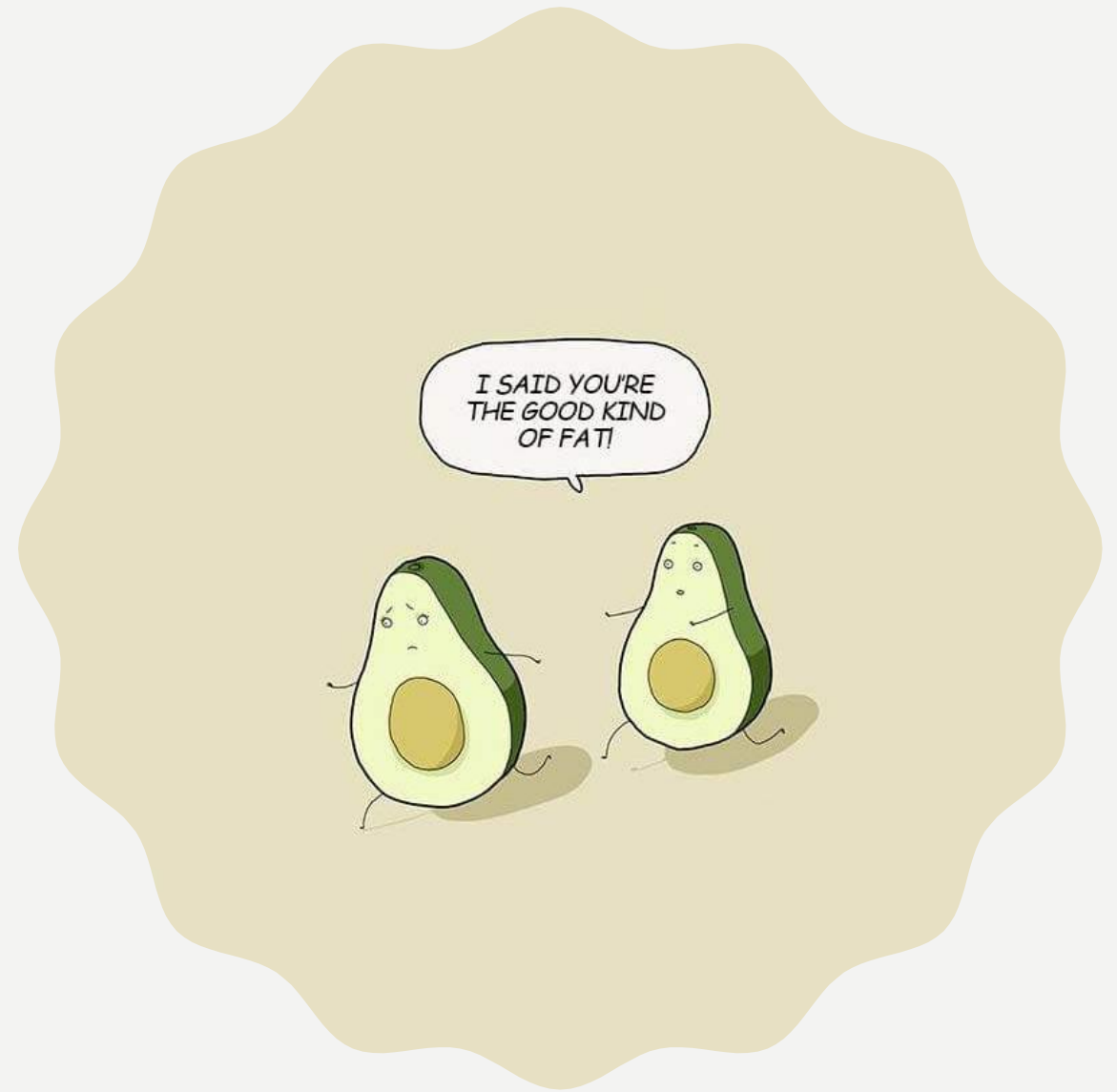


# BASIC GUIDELINES



# FIND BALANCE

- "Sometimes foods and always foods"
- Saturated and unsaturated fats
- Eat to 80% full
- Find the right macronutrient fit
- Listen to your body



# OTHER FACTORS THAT IMPACT HEALTH AND WELLBEING

- Stress
- Sleep
- Physical activity
- Hydration
- Social connections



# NUTRITION RESOURCES

- Academy of Nutrition and Dietetics: [Eatright.org](http://Eatright.org)
- The Nutrition Source: [hsph.harvard.edu](http://hsph.harvard.edu)
- Nutrition and Healthy Eating, Tools & Resources: [nhlbi.nih.gov](http://nhlbi.nih.gov)
- [www.myplate.gov](http://www.myplate.gov)
- Any book by Michael Pollan
- The Intuitive Eating Workbook, by Evelyn Tribole and Elyse Resch



**THANK YOU!**