



Why Consult a Dietitian?

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Do you want to:

- Feel and look better?
- Maintain a healthy weight?
- Reduce your risk of developing health problems down the road?
- Increase your athletic performance?
- Improve employee productivity?

Then you need to consult a registered dietitian.

Registered dietitians are professionals uniquely trained to advise you on food, nutrition and special diets. Dietitians can separate facts from fiction, provide healthy eating plans from an unsafe diet, and help you translate the science of nutrition into healthy food choices.

Our advice is more than recommending nutrients and quick fixes. Dietitians offer lifestyle changes such as:

- ideas on planning menus,
- shopping for best food value, and
- preparing good tasting meals and snacks.

We understand the nutritional value of a wide variety of food products, new and old. Dietitians can help you eat better, for less.

Before making recommendations for your diet they consider your concerns your usual eating pattern, and work demand, as well as your cultural or ethnic heritage.

Understanding the importance of diet in treatment of many disease conditions such as diabetes, obesity, cancer, hypertension, heart and kidney diseases., and we know which food will help reduce your risk of developing these diseases. We can plan a therapeutic diet for your specific needs. Dietitians understand the impact of surgery, disease, food allergies, and disabilities on your nutritional health status.

With the growth of new knowledge in medicine accelerating rapidly in the past 20 years no other profession has the educational background and specific expertise to provide adequate nutrition services. When it concerns your eating habits, a registered dietitian is the nutrition specialist.