

Registered Dietitian Nutritionists

Optimizing Health through Food and Nutrition

Registered dietitian nutritionists, or RDNs, are the food and nutrition experts, translating the science of nutrition into practical solutions for healthy living. Working in a number of practice settings, RDNs advance the nutritional status of their patients and clients.

RDNs are recognized as the most qualified food and nutrition experts by the National Academy of Medicine (formerly IOM).¹



EXPERTISE

RDNs receive extensive training that combines academic preparation with hands-on, practical client and patient experience.

- Minimum of a Bachelor's degree
- Participate in an accredited practice program
- Pass a national registration
- Maintain their credential through continuous education
- Over half of RDNs hold a graduate degree



TRUST

Physicians, clients, patients, industry and government agencies value and trust the contributions of RDNs.

Primary care physicians identified dietitians as the most qualified provider to care for patients with obesity.²

70% indicated that RDNs are the most trusted source for information about what types of food to eat.



IMPACT

Registered dietitian nutritionists are everywhere and touch the lives of many.

1.5 BILLION estimated number of clients/patients counseled by RDNs yearly.

Numerous clinical guidelines and the United States Preventive Services Task Force (USPSTF) highlight that RDNs provide nutrition care more effectively at a lower cost than physicians, nurse practitioners, and physician assistants.

Sources: Academy RDN Reach and Influencer Survey 2018 and Compensation and Benefits Survey of the Dietetics Profession, 2019.

¹Committee on Nutrition Services for Medicare Beneficiaries. "The Role of Nutrition in Maintaining Health in the Nation's Elderly: Evaluating Coverage of Nutrition Services for the Medicare Population." Washington, DC: Food and Nutrition Board, Institute of Medicine; January 1, 2000 (published).

²Bleich SN, Bennet WL, Gudzuna KA, et.al *BMJ Open* 2012;2:e001871. doi: 10.1136/bmjopen-2012-001871.