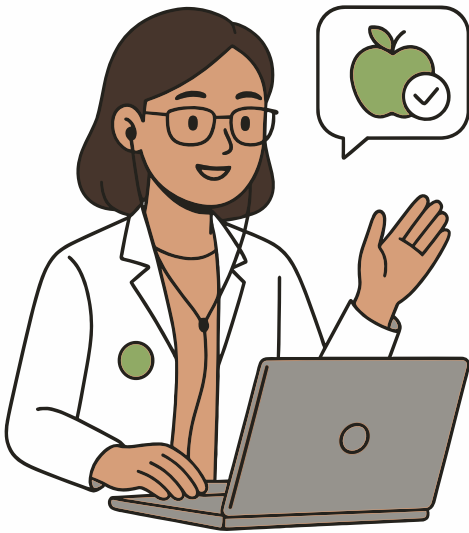


Nutrition Focus is a monthly nutrition publication offering relevant and evidenced-based nutrition information.

## March is National Nutrition Month®

Since 1980, the Academy of Nutrition and Dietetics has sponsored National Nutrition Month®, an annual initiative to raise awareness about the importance of nutrition and healthy living. This year's theme is “Discover the Power of Nutrition.” One of the best ways to discover the power of nutrition is by collaborating with a Registered Dietitian Nutritionist (RD or RDN). Have you ever wondered what an RD is or what role they play in the healthcare system?



### What is a Registered Dietitian?

A Registered Dietitian is a nationally board-certified and state-licensed food and nutrition expert. RDs have extensive knowledge of how food and nutrition impact overall health and wellness. The field of dietetics is highly regulated, ensuring that RDs adhere to ethical standards and offer expert guidance regardless of their practice setting.

### Requirements for becoming a Registered Dietitian:

- Complete a minimum of a Master's Degree
- Complete supervised practice through an accredited dietetic internship program
- Pass a national board examination
- Maintain licensure within the states they practice in (varies by state)
- Receive ongoing professional development and continuing education

### What does a Registered Dietitian do?

Thanks to their comprehensive training, RDs are equipped to work in a variety of settings. In the healthcare setting RDs provide services such as:

- Assessing and treating malnutrition
- Prescribing tube feeding, diet orders, and supplementation
- Monitoring Food Drug Interactions
- Monitoring Laboratory values
- Provide 1:1 nutrition counseling & diet education
- Provide Medical Nutrition Therapy to prevent and manage conditions such as:
  - Diabetes
  - Heart Disease
  - Kidney Disease
  - Malnutrition
  - Wounds
  - Cancer
  - And much More!



### Summary

A Registered Dietitian (RD) or Registered Dietitian Nutritionist (RDN) is a credentialed food and nutrition expert who translates nutrition science into practical, personalized plans to improve health, manage diseases, and support the well-being of their clients and patients.