

Nutrition March 2020



Nutrition is key to living a healthy lifestyle, but knowing what, how, and when to eat can be frustrating and confusing. Popular fad diets seen online or on TV often seem like an easy solution, but a personalized diet plan made just for you has maximum potential for success. A registered dietitian nutritionist (RDN) can help you understand healthy eating and work with you to develop a safe and realistic eating plan that you can stick with. Dietitians are trained experts in the science of nutrition and can advise others on healthy eating. All RDNs have a four-year degree, have completed an extensive program of practice, and have passed a registration exam. Most dietitians keep up-to-date on their food and nutrition knowledge through ongoing professional education programs. Below are some common ways an RDN can assist you.

Managing a chronic disease

An RDN can help you understand how the foods you eat affect your condition. They can work with you to develop an eating plan that has all the nutrients you need to manage your condition.

Considering or have had gastric bypass surgery

Getting the nutrients that your body needs when your stomach can only handle small servings can be difficult. An RDN can help you make changes to your eating plan without sacrificing taste.

Digestive problems

An RDN can help you make food choices that do not aggravate your condition.

Pregnancy and postpartum

Proper nutrition is essential to a healthy pregnancy. An RDN can help ensure you are getting adequate nutrients throughout your pregnancy and as you adjust to your new role as a mother.

Teens with food and eating issues

RDNs can counsel individuals with eating disorders as part of their treatment.

Gaining or losing weight

An RDN can design a personalized weight loss/gain plan, including diet and physical activity.

Caring for an aging relative

Food or drug interactions, hydration, and special diets are all things that an RDN can help you with as you care for your loved one.

Improve sports performance

Set goals and achieve results with your RDN.

Convenient healthy eating

An RDN can help you feed your family healthier foods by teaching you how to plan and prepare meals.

Source: Heart.org, EatRight.org



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Weekly Meal Planner

	Breakfast	Lunch	Dinner	Snacks
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Groceries:

Feel like you're too busy for breakfast? Here are some [breakfast-to-go ideas](#).
 Eating healthy starts at the grocery store. Here are [10 tips for healthy grocery shopping](#).
 Do you have high cholesterol? Read how a Dietitian may be able to help [here](#).