

Celebrating Registered Dietitian Day

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The sixth annual Registered Dietitian Day falls on Wednesday, March 13. The Academy of Nutrition and Dietetics honors registered dietitians because, as the nation's food and nutrition experts, they improve the health of their patients and community. Registered dietitians are advocates for advancing the nutritional status of Americans and people around the world, and this day honors their commitment.

According to the Academy of Nutrition and Dietetics, a registered dietitian "serves as an integral liaison in helping individuals and communities make changes for a healthy delicious diet." So help to spread the word about the good work of registered dietitians.

Here are some of the ways in which they impact our lives:

1. You have prediabetes and want to stave off diabetes. A registered dietitian can change your life by teaching you skills that will help you lose and keep off weight and keep diabetes at bay.
2. Your community has high levels of obesity. A registered dietitian works with public health, government, schools and other local leaders to create wellness programs that promote healthful eating and physical activity for everyone.
3. You are a marketing manager for a large food company and know consumers' preference for good-tasting food that is healthy. A registered dietitian can make the connection and work with your food scientists to develop new products that will be successful in the marketplace.
4. You want to improve your performance in sports. A registered dietitian can help you set goals to achieve results — whether you're running a marathon, skiing or jogging with your dog.
5. You need to feed your family healthier foods but you do not cook. A registered dietitian who has special culinary skills can teach you how to cook in a simple, convenient way.
7. Your teenager has issues with food and eating healthfully. A registered dietitian can assist with eating disorders like anorexia, bulimia and overweight issues.
8. You just had your first child, are concerned the baby is not eating enough and need help and confidence for breastfeeding. A registered dietitian can provide guidance and assurance that you and your infant are getting enough iron, vitamin D, fluoride and B vitamins.

CPH would like to thank all of our clients who are dietitians and we encourage all of them to celebrate this day. It is only through the personal care and education given by dietitians and nutritionists that we can learn to live better lives.