



Nutrition Facts

1 serving per container	
Serving size	1/4 cup (40g)
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 0g	
Saturated Fat 0g	
Trans Fat 0g	

Registered Dietitian Nutritionists

Optimizing Health through Food and Nutrition

Registered dietitian nutritionists (RDNs) are nutrition and dietetics professionals who translate 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.



Expertise

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

They must complete a minimum of a bachelor's degree, participate in an accredited practice program involving direct patient interaction, and pass a national registration exam. RDNs are also required to complete continuing professional education to maintain their credential. In addition:

- Over half of RDNs hold a graduate degree (50% Master's and 3% Doctoral)
- 23% of RDNs indicated holding one or more specialty certifications

Source: Compensation and Benefits Survey of the Dietetics Profession, 2019



Improved Outcomes

Improved health outcomes using medical nutrition therapy (MNT) have been published in diabetes, hypertension, disorders of lipid metabolism, HIV infection, pregnancy, chronic kidney disease and unintended weight loss in older adults.

In addition, RDNs have demonstrated improved outcomes related to weight management:

- Studies show MNT provided by an RDN to overweight and obese adults for less than 6 months yields significant weight losses of approximately 1 to 2 pounds per week.
- MNT provided from 6 to 12 months yielded significant mean weight losses of up to 10% of body weight with maintenance of this weight loss beyond one year.



Trust

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

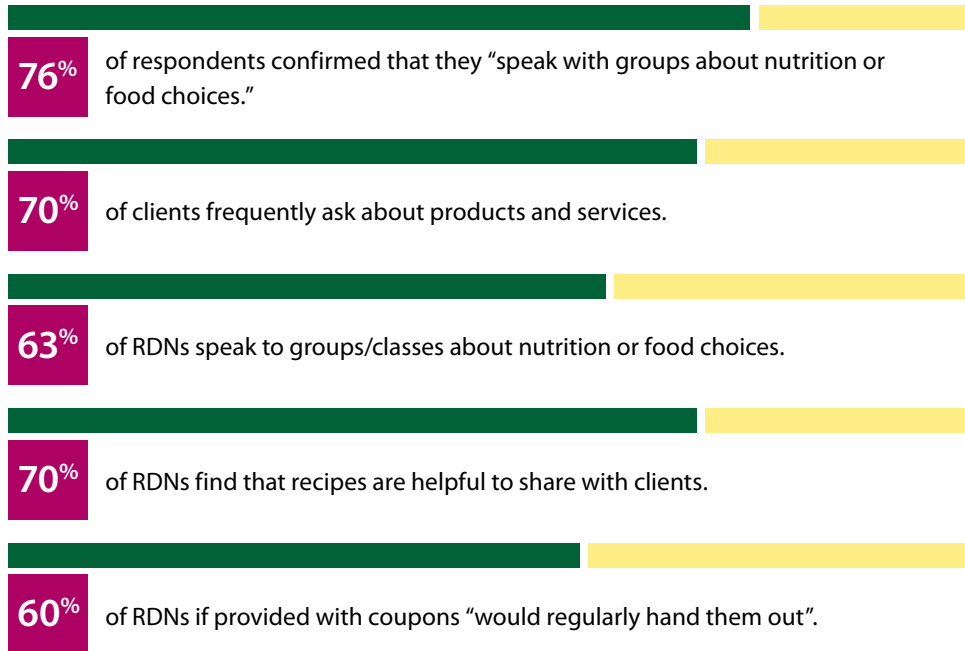
- Over **85% of RDNs have direct interaction** with clients or patients.
- **70% indicated that RDNs are the most trusted source for information** about what types of food to eat.
- **63% of RDNs believe their clients follow their advice closely.**

Source: Academy RDN Reach and Influencer Survey 2018

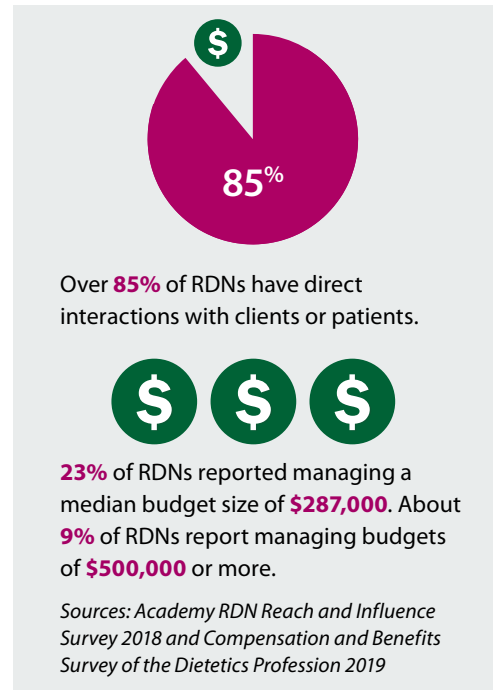
Registered Dietitian Nutritionists

RDNs are Influential

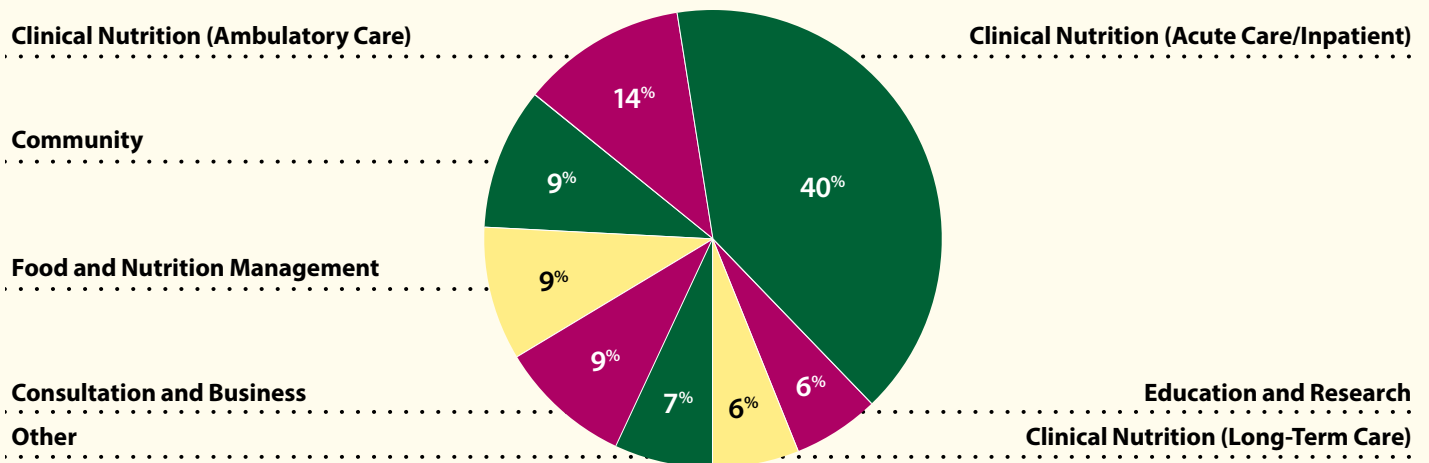
Registered dietitian nutritionists are everywhere and touch the lives of many. Estimates show that RDNs counsel approximately **1.5 billion** contacts with clients/patients per year. RDNs are a major influence in purchasing, recommending and specifying products and services.



Source: Academy RDN Reach and Influence Survey 2018



Practice Area of Primary Position



Source: Compensation and Benefits Survey of the Dietetics Profession 2019