

Medical Nutrition Therapy

MNTWorks

The Value of Registered Dietitians

Registered Dietitians are NUTRITION EXPERTS

RDs provide vital food and nutrition services, while promoting health and well-being to the public. RDs use their expertise to help individuals make unique, positive lifestyle changes. They work throughout the community in hospitals, private practice, physician offices, public health clinics, nursing homes, fitness centers, worksite wellness programs, schools and other locations.

RDs provide MEDICAL NUTRITION THERAPY

RDs are the best qualified health care professionals to deliver nutrition education and medical nutrition therapy (MNT) services for prevention, wellness and disease management. Nutrition services provided by RDs can improve a consumer's health and increase productivity and satisfaction levels through decreased doctor visits, hospitalizations and reduced prescription drug coverage.

RDs apply EVIDENCED-BASED PRACTICE

RDs provide care by applying the American Dietetic Association's Evidence-based Nutrition Practice Guidelines. The Guidelines illustrate best practice for MNT related to specific diseases or conditions to achieve positive outcomes.

RDs are HIGHLY TRAINED PROFESSIONALS

RDs receive extensive training that combines academic preparation with hands-on, practical patient experience. RDs must complete a minimum of a bachelor's degree, participate in a practice program involving direct patient interaction and pass a national registration exam. Approximately 50% of RDs hold advanced degrees. RDs are also required to complete continuing professional education to maintain their credential.

RD Services are integral to the PATIENT-CENTERED MEDICAL HOME

RDs work hand-in-hand with referring providers and multidisciplinary health care team members to deliver care that is coordinated and cost-effective. In addition to providing MNT, RDs address areas such as glucose monitoring and body composition analysis.