



## Nutrition Facts

1 serving per container	
Serving size	1/4 cup (40g)
Amount per serving	
<b>Calories</b>	<b>120</b>
% 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 (52% Master's and 4% Doctoral)
- 24% of RDNs indicated holding one or more specialty certifications

Source: Compensation and Benefits Survey of the Dietetics Profession, 2021



### 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.

Source: Academy of Nutrition and Dietetics Evidence Analysis Library. Medical Nutrition Therapy Effectiveness Systematic Review 2009, 2013-2015.

Intensive lifestyle programs to prevent diabetes led by RDNs get better results, according to a systematic review by the Community Preventive Services Task Force. RDNs are a critical component of effective community-based medically-tailored meal programs. Providing medically tailored, therapeutic meals and nutrition counseling by RDNs decreased monthly healthcare costs by an average of 31% and cut hospitalizations in half compared to patients not receiving these services.\*\*



### 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.
- **73% of RDNs believe their clients follow their advice closely.**

Source: Academy RDN Reach and Influencer Survey 2021

\*\*Sources: Impact of lifestyle intervention on lost productivity and disability: improving control with activity and nutrition. J Occup Environ Med. 2009


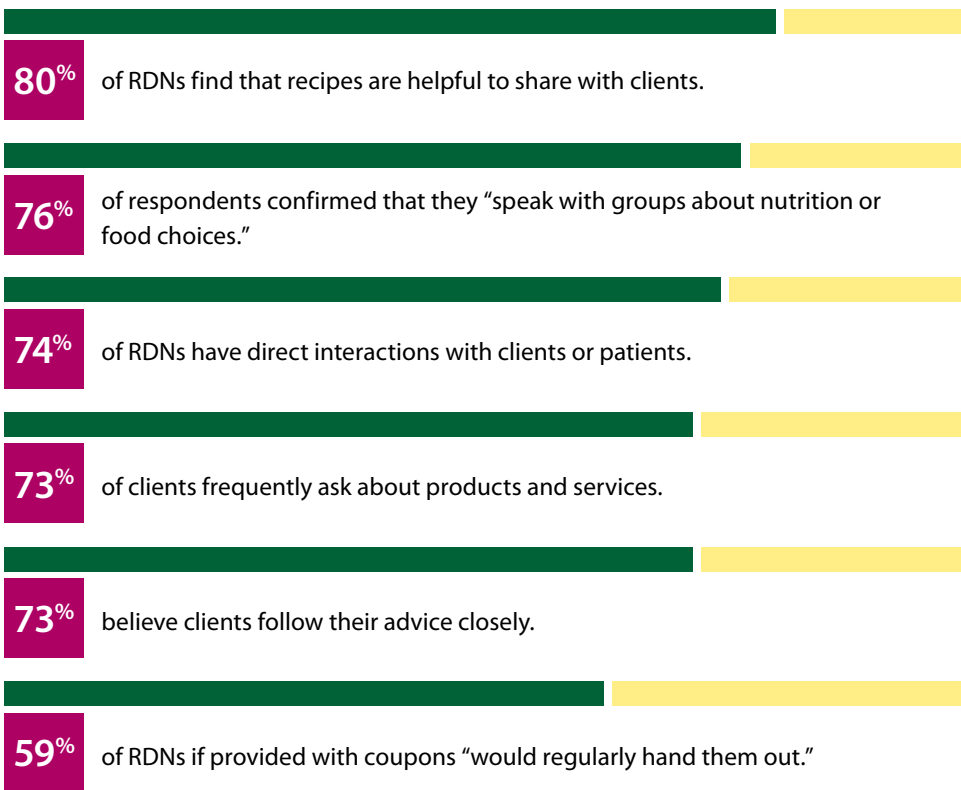
Combined diet and physical activity promotion programs to prevent type 2 diabetes among persons at increased risk, Ann Intern Med. 2015

# Registered Dietitian Nutritionists

## RDNs are Influential

Registered dietitian nutritionists are everywhere and touch the lives of many. A recent survey from the Academy estimates that RDNs have approximately **260 million contacts\*** with clients and patients per year. RDNs are a major influence in purchasing, recommending and specifying products and services.

(\*From 2021 Academy RDN Influence and Reach Survey.)

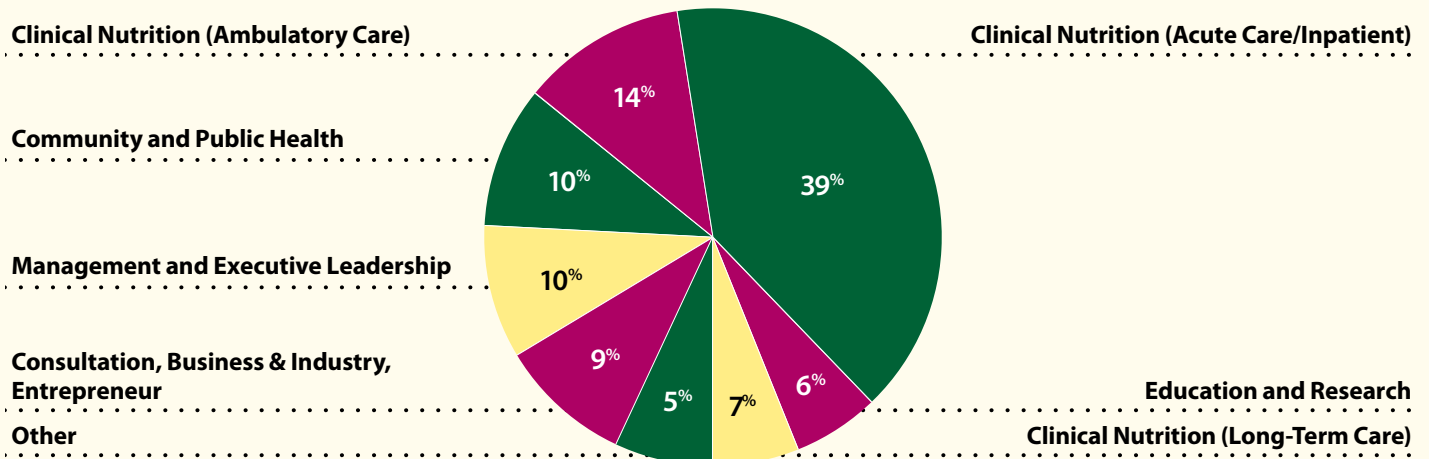


**22%** of RDNs reported managing a median budget size of **\$325,000**. About **9%** of RDNs report managing budgets of **\$500,000** or more.

*Compensation and Benefits Survey of the Dietetics Profession 2021*

Source: Academy RDN Reach and Influence Survey 2021

## Practice Area of Primary Position



Source: Compensation and Benefits Survey of the Dietetics Profession 2021