

Six Great Benefits of Working with a Dietitian

Reach out to a Registered Dietitian Nutritionist (RDN) as a reference for reliable sources of nutrition information. They have extensive training to meet your needs.

Proper Nutrition is Essential for Healthy Aging



Proper nutrition can help you maintain a healthy weight, have higher energy levels, preserve muscle strength and brain function.¹

An RDN can help you manage your health conditions



An RDN can work with your doctor to help you manage diabetes, heart disease, high cholesterol, osteoporosis, and more.²

An RDN can assess your risk for malnutrition



As people age they may experience malnutrition which can lead to poor health. An RDN is trained to recognize and treat this problem.³

An RDN can assess if you are drinking enough fluids



Water is an essential nutrient for older adults. Not drinking enough can affect concentration, alertness and short-term memory.⁴

An RDN can help manage loss of appetite or difficulty eating



An RDN can help with techniques to increase appetite or deal with swallowing difficulties.⁵

An RDN can make referrals for community resources



Community-based food and nutrition programs can help you remain healthy and independent regardless of financial status.³

Need help finding a registered dietitian nutritionist?
Go to eatright.org/find-an-expert.

References:

1. Chernoff R, Levine E, Brown LS, Millen BE. In: Geriatric Nutrition the Health Professional's Handbook. Burlington, Mass: Jones & Bartlett Learning; 2014:487-517.
2. Dornier B. Position of the American Dietetic Association: Individualized Nutrition Approaches for Older Adults in Health Care Communities. Journal of the American Dietetic Association. 2010;110(10):1549-1553. doi:10.1016/j.jada.2010.08.022
3. Saffel-Shrier S, Johnson MA, Francis SL. Position of the Academy of Nutrition and Dietetics and the Society for Nutrition Education and Behavior: Food and Nutrition Programs for Community-Residing Older Adults. Journal of the Academy of Nutrition and Dietetics. 2019;119(7):1188-1204. doi:10.1016/j.jand.2019.03.011
4. Chernoff R, In: Geriatric Nutrition the Health Professional's Handbook. Burlington, Mass: Jones & Bartlett Learning; 2014:27-30.
5. Keller M. Dealing With Dysphagia. <https://www.todaysdietitian.com/newarchives/100111p24.shtml>. Published October 2011. Accessed April 24, 2021.

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