

Consumer Alert!

Who's Dishing Out Your Nutrition Advice?

(NAPSA)—Would you take food and nutrition advice from someone who eats from a bowl on the kitchen floor and likes to chase squirrels?

Eight-year-old Eddie is an English cocker spaniel belonging to registered dietitian Connie B. Diekman. Connie is the president of the American Dietetic Association and the director of university nutrition at Washington University in St. Louis. Eddie obtained membership in the American Association of Nutritional Consultants in January, and he has a certificate to prove it.

"Consumers beware: Not all nutritionists are created the same," Diekman says. "Eddie is living, barking proof that anyone can become a member of an organization of purported nutrition experts, even if they have no more qualification to give nutrition advice than a dog."

"When you need trusted, accurate, timely and practical nutrition advice, you need to seek the advice of a registered dietitian," Diekman says.

After or during their education, RDs must perform a supervised internship. To become "registered," they must pass an extensive examination administered by the Commission on Dietetic Registration, and earn professional education credits throughout their careers to maintain registration.

The American Dietetic Association urges all consumers to look for the RD credential. "RDs know the science of nutrition," Diekman



Living, barking proof that anyone can purport to be a nutrition expert is an English cocker spaniel belonging to registered dietitian Connie B. Diekman.

says. "Our required degrees in foods, nutrition, dietetics, public health or related fields such as biochemistry, medicine or a nutrition specialty in family and consumer sciences come from well-respected, accredited colleges and universities."

RDs have the skills and knowledge to translate nutrition science into practical meal planning. A registered dietitian can assist with eating disorders; work with your health care team by helping you change your eating plan pre- or postsurgery; and help you set goals for athletic performance—whether you're running a marathon or jogging with your dog.

With more than 67,000 members, the American Dietetic Association is the nation's largest organization of food and nutrition professionals. ADA serves the public by promoting optimal nutrition, health and well-being. To locate a registered dietitian in your area, visit the American Dietetic Association at www.eatright.org.