



5 WAYS

TO

WORK

WITH A

DIETITIAN

1.

Your community has high levels of heart disease and could benefit from grocery store tours.

2.

You're a college student and want to eat healthier but don't know how to cook.

3.

You work in food research & development and have been tasked to create a healthy product that consumers love.

4.

You recently got your blood sugar checked and learned that you have prediabetes.

Your primary care provider told you that a diet change could help prevent diabetes.

5.

You're an athlete who is looking for that edge to reach maximum performance.

Did you know there's a difference between a dietitian and a nutritionist? Here are 5 ways you can work with a dietitian today.