

## How Registered Dietitians Can Improve the Health of Americans and Save Health Care Dollars

A registered dietitian or “RD” serves as an integral liaison in helping individuals and communities make changes for a healthy delicious diet.

1. You have prediabetes and want to stave off diabetes. A registered dietitian can change your life by teaching you skills that will help you lose and keep off weight and keep diabetes at bay.
2. Your community has high levels of obesity. A registered dietitian can