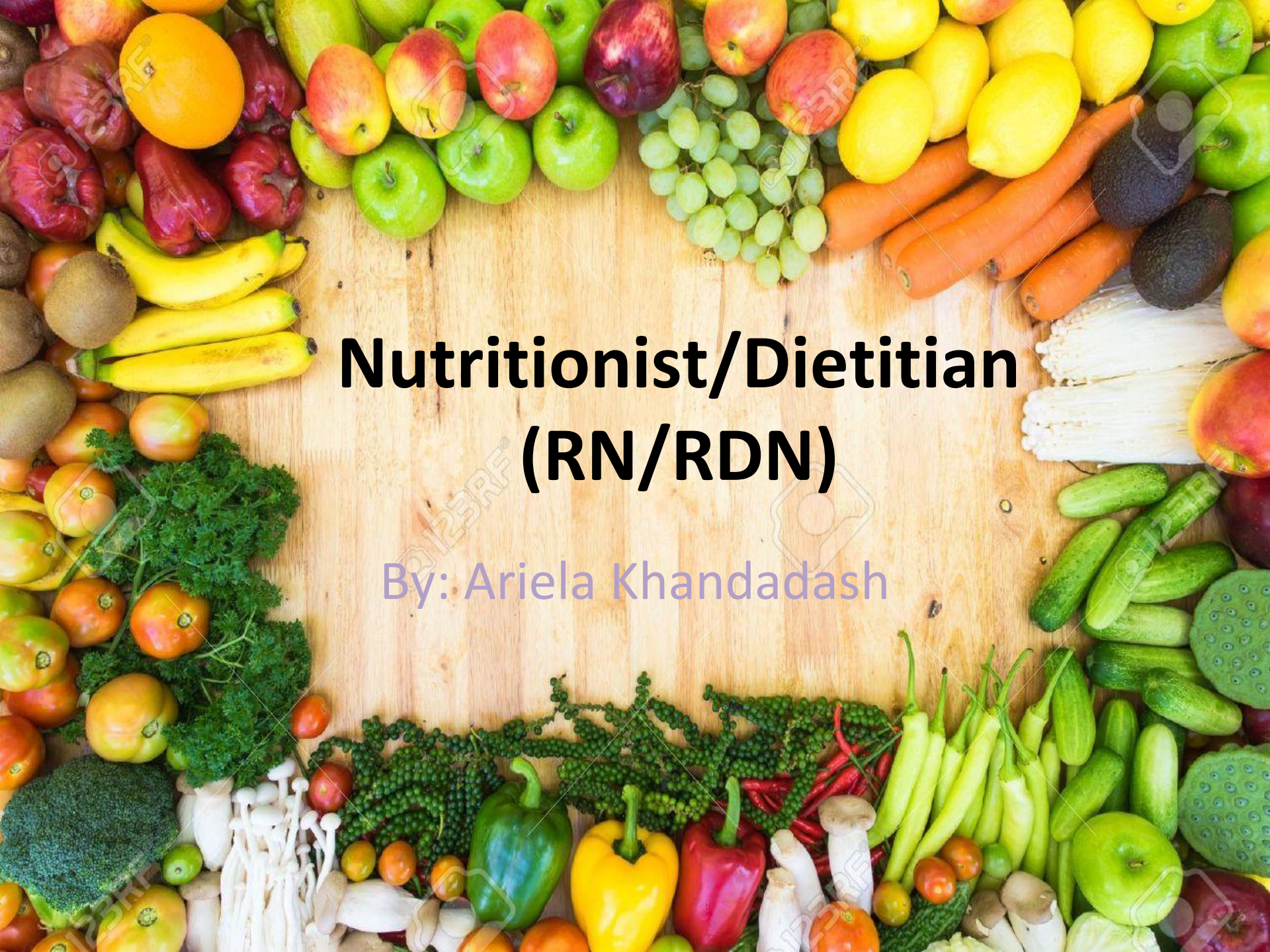


Nutritionist/Dietitian (RN/RDN)

By: Ariela Khandadash

Why Nutrition is Important?

- Healthy Diet → Good Health
- Food Provides Nutrients to Body
- Protein, fats, vitamins, minerals for Cells use for energy, to grow, to function.
- Ex: Food→ to keep our body temperature

Registered Dietitians/Nutritionists: What they do!

ONE of the best Preventive medicines is Eating Right.
Dietitians (RD) & nutritionists (RDN) come in.
These professionals advise people on what to eat in order to lead a healthy lifestyle or achieve a specific health-related goal.

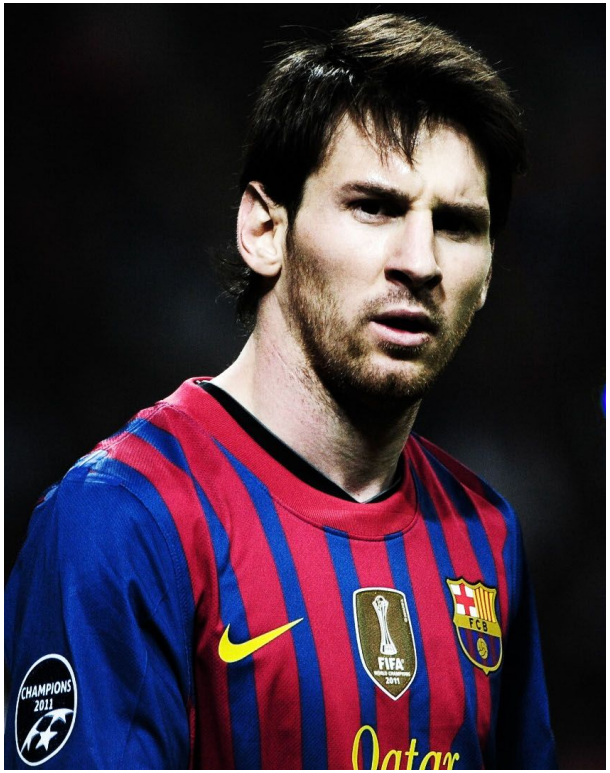
Duties vary depending on particular Job: Develop nutrition programs

- For hospital patients
- Advise clients on losing weight
- Work in a fitness facility (and even with sports teams)

Sport Nutritionist

Athletes have specific nutritional needs to power their bodies.

Lionel Messi



Poser as his nutritionist, Messi has scored 98 goals in 102 games for *Barça*

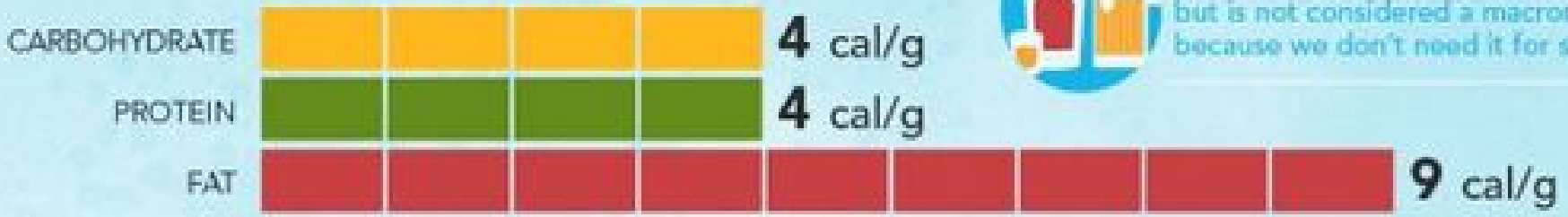
Michael Phelps

- Eats 10,000 cal/day
- Total of 28 medals
- 23/28 are Gold
- Holds the all time record for Olympic gold medals

Calories Measure Food Energy

The amount of calories in our food reflect the amount of energy that food provides our bodies.
Calories come from macronutrients, a.k.a. **carbohydrates, protein, and fat.**

THIS IS HOW MANY CALORIES ARE IN *1 gram* OF EACH MACRONUTRIENT:



Alcohol provides 7 calories per gram, but is not considered a macronutrient because we don't need it for survival.

1. The Serving Size

- Look at *serving size* & the *number of servings* in the package.

- If serving Size one cup & you eat two cups, this doubles the calories & other nutrients listed on the food label.

Read Food Label:

You may think 1 Cookie is a serving size but WAIT.... ITS NOT?

1 cookie= 2 servings
½ cookie= 1 serving

Nutrition Facts

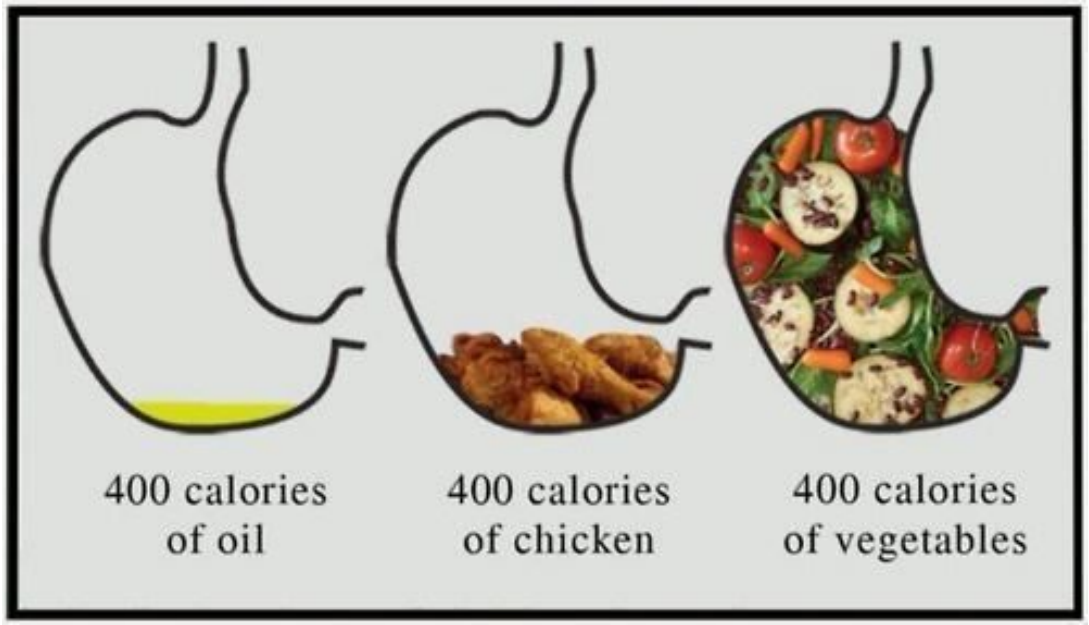
2 servings per container

Serving size	1
Amount Per Serving	
Calories	**180**
	% Daily Value*
Total Fat 6g	**8%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 220mg	**10%**
Total Carbohydrate 25g	**9%**
Dietary Fiber 3g	**11%**
Total Sugars 12g	
Includes 0g Added Sugars	**0%**
Protein 8g	**16%**
Vitamin D 0mcg	0%
Calcium 91mg	8%
Iron 1.98mg	10%
Potassium 0mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

2. Calories

- Calories provide a measure of how much energy in a single serving.
- Adjust Calories to lose/gain Weight



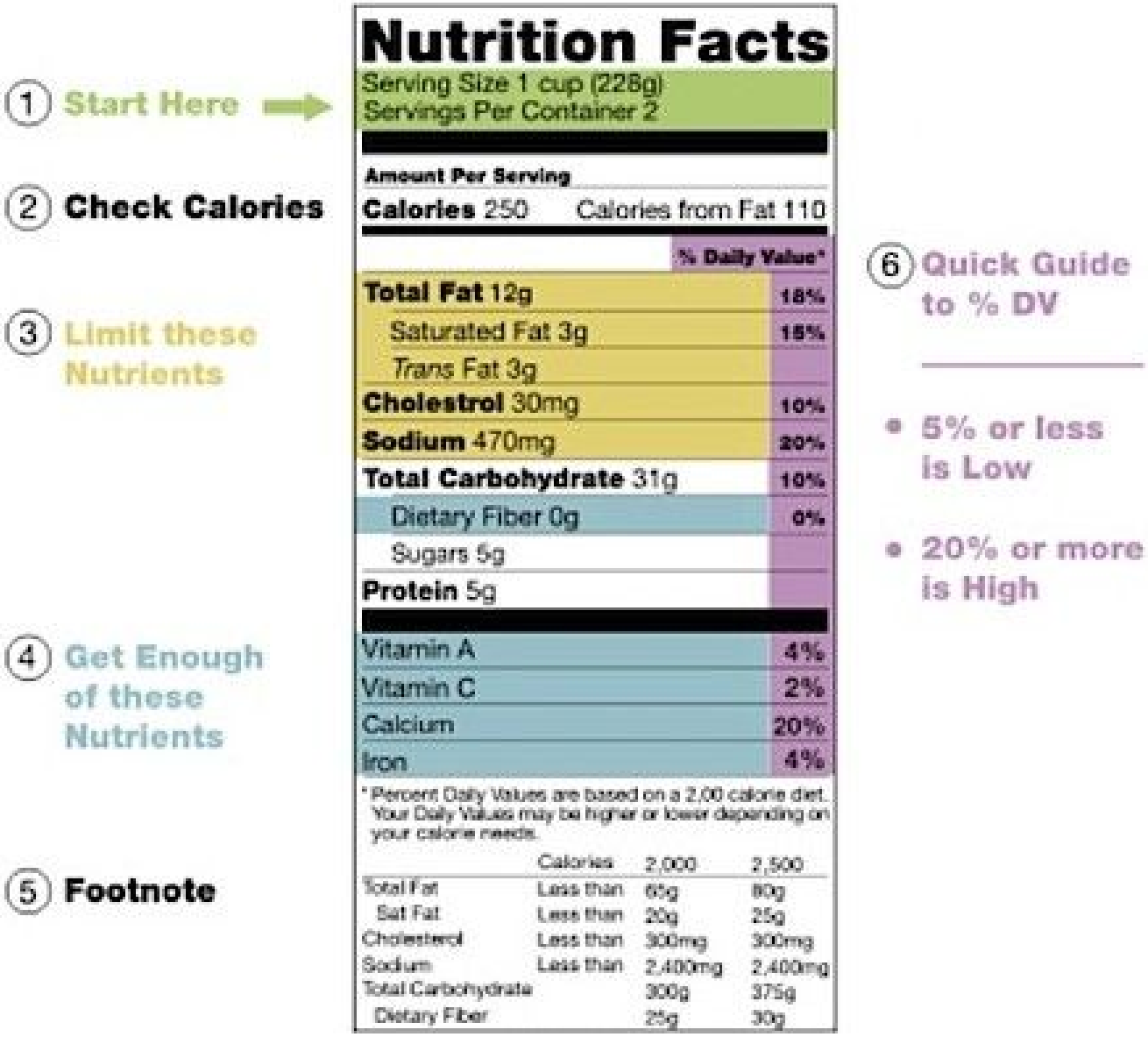
Be mindful of what you are consuming

3. Nutrients!

- ✓ ***Limit* Saturated Fat, Trans fat , Cholesterol , Added Sugars and Sodium**
- ✓ Low percentage DV of these nutrients help reduce risk of chronic disease: heart disease, some cancers, or high blood pressure

- ✓ **Get enough Vitamins, Minerals & Fiber**
- ✓ Maintain good health & reduce health problems
- ✓ Choose More Fruit & Veggies
- ✓ Aim high for DV %

Nutritional Label



Comparison Example

Below are two kinds of milk- one is "Reduced Fat," the other is "Nonfat" milk. Each serving size is one cup. Which has more calories and more saturated fat? Which one has more calcium?

REDUCED FAT MILK - 2% Milkfat

Nutrition Facts

Serving Size 1 cup (236ml)
Servings Per Container 1

Amount Per Serving

Calories 120 Calories from Fat 45

	% Daily Value*
Total Fat 5g	8%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 120mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 9g	17%

Vitamin A 10% • Vitamin C 4%
Calcium 30% • Iron 0% • Vitamin D 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

NONFAT MILK

Nutrition Facts

Serving Size 1 cup (236ml)
Servings Per Container 1

Amount Per Serving

Calories 80 Calories from Fat 0

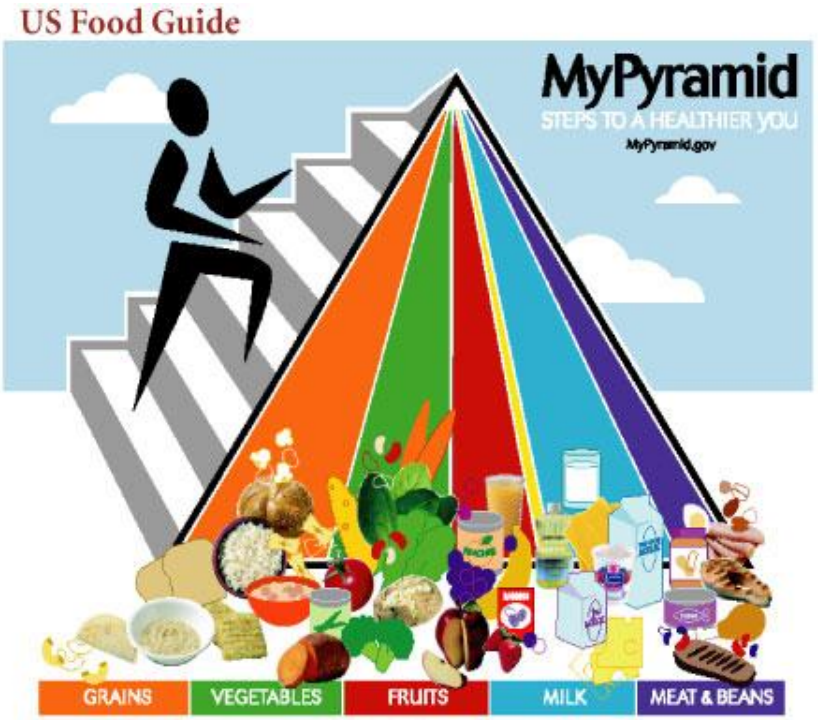
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol Less than 5mg	0%
Sodium 120mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 9g	17%

Vitamin A 10% • Vitamin C 4%
Calcium 30% • Iron 0% • Vitamin D 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

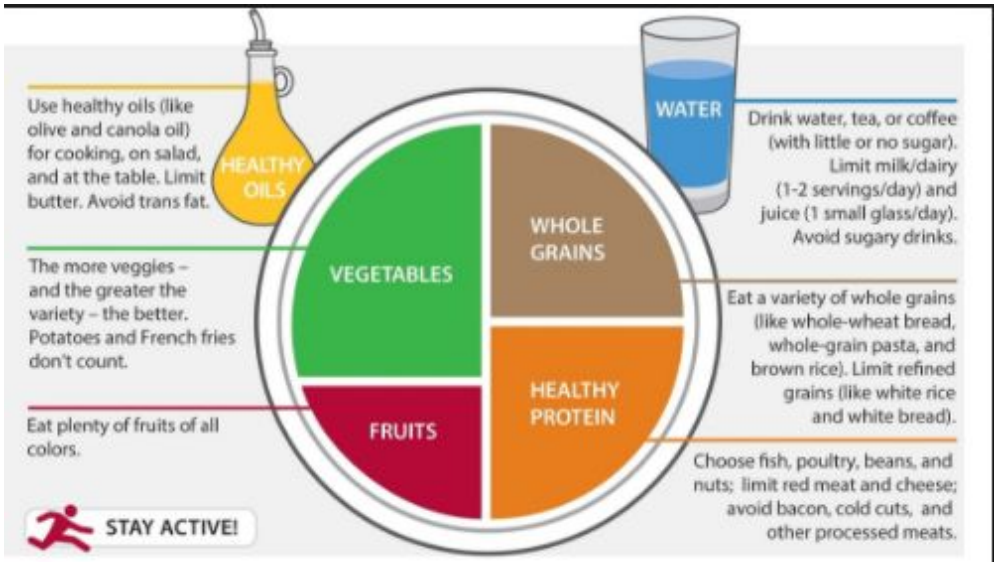
- ✓ Calcium: Same in both
- ✓ NONFAT MILK:
  - > No Saturated Fat
  - > 40 calories less per serving

Tools used by dietitians:



An important tool that dietitians can use to help people understand good nutrition is the food pyramid.

Healthy Eating Pyramid & Plate



Becoming A Nutritionist

Entry level nutritionist: (4yrs) *Earn Bachelor Degree* in health related field:
Undergraduate programs that lend to a career as a nutritionist:

- Food science
- Dietetics
- Nutrition
- Clinical nutritional care
- Community nutrition
- Biology
- Microbiology
- Chemistry
- Biochemistry
- Anatomy
- Psychology

Earn Registered Dietitian Nutritionist (RDN) and Registered Dietitian (RD) **credentials:**

- ✧ Graduate from an approved and accredited bachelor's degree program
- ✧ Complete a supervised practice program
- ✧ Pass a national examination
- ✧ Complete continuing education requirements

Nutritionist Furthers Their Education

Continue their education by completing a master's or doctorate degree program in nutrition. Prepares students to work as educators and researchers in the nutrition field.

Master's degree program: 2 yrs. of School includes following courses:

- Medical nutrition therapy
- Probability or Statistics
- Molecular biology
- Public policy and health issues

Doctoral programs take graduate-level courses in nutrition, chemistry and biology, perform fieldwork, and complete a dissertation. Include following coursework:

- Advanced nutrition
- Research applications
- Nutrition assessment methods