



## *Your Diabetes Care Team – Registered Dietitian*

### **What is a Registered Dietitian?**

A Registered Dietitian (RD) is a food and nutrition expert who meets the standard set by the American Dietetic Association. An RD can provide you Medical Nutrition Therapy (MNT), a process that includes nutrition assessment, intervention, monitoring and evaluation.

### **How can a Registered Dietitian help you?**

Healthy eating is an important part of diabetes management. Healthy eating can help you control your blood glucose and avoid or reduce complications. Planning and preparing a healthy meal can be a challenge. An RD may help you in:

- designing an individualized meal plan based on your health condition, food preference, culture and lifestyle
- understanding the effects of food on blood glucose
- learning practical skills to prepare a healthy meal (e.g. reading a food label, eating out, food shopping and cooking tips)
- achieving a healthy weight
- understanding carbohydrate counting
- adjusting your insulin dose to your carbohydrate intake

### **When should you see a Registered Dietitian?**

It is recommended that you see an RD at least once a year. In addition, seeing an RD is helpful when you are:

- newly diagnosed with diabetes or pre-diabetes
- trying to prevent diabetes
- seeking support in following your meal plan
- looking for healthy snack ideas for exercise
- trying to lose weight or gain weight
- seeking help in getting your blood glucose under control
- diagnosed with other health conditions besides diabetes that will benefit from having a specific meal plan (e.g. stroke, heart disease or kidney disease)
- planning to have a baby
- having questions on food or nutrition

### **How to find a Registered Dietitian near you?**

You can find an RD at Joslin Diabetes Center. You can also find one at the American Dietetic Association website: [www.eatright.org](http://www.eatright.org)

