

WV Academy of Nutrition and Dietetics: On RD Day and Every Day, Registered Dietitians Celebrated as Leaders in Improving America's Health

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CHARLESTON- March is National Nutrition Month[®], when the Academy of Nutrition and Dietetics (formerly the American Dietetic Association) reminds everyone to return to the basics of healthy eating. It is also a time when the Academy celebrates registered dietitians as *the* food and nutrition experts. Wednesday, March 14, 2012 is the fifth annual registered dietitian day.

“Registered dietitians are able to separate reliable facts from fad diets and translate nutritional science into realistic information you can use. A registered dietitian can draw on his or her personal experience and professional training to put you on the path to lowering your weight, eating healthfully and reducing your risk of chronic disease,” registered dietitian and WV Academy of Nutrition and Dietetics President, Stacy Wellman said.

The RD credential is a vital distinction when determining where Americans can get safe and accurate nutrition information. Registered Dietitian Day celebrates the commitment of RDs, during National Nutrition Month and throughout the year, as strong supporters of improving the nutrition and health of Americans and people all over the world.

Registered dietitians are highly qualified food and nutrition experts who meet academic and professional requirements, including earning at least a bachelor's degree, completing a supervised practice program and passing a registration examination.

“While the term 'nutritionist' is used frequently, it is important to remember not all states have licensure regulations for this term. Basically, anyone can call themselves a 'nutritionist' without the appropriate qualifications. In order to know you are getting research-based information, founded on safe and accurate nutrition principles, look for the RD (registered dietitian) credential after the person's name,” Wellman said.

Celebrated each March, National Nutrition Month is a nutrition education and information campaign created by the Academy of Nutrition and Dietetics to focus attention on the importance of making informed food and nutrition choices and developing sound eating and physical activity habits. If you would like more information on National Nutrition Month, please visit www.eatright.org/nnm/.

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The **WV Academy of Nutrition and Dietetics**, is an affiliate of the Academy of Nutrition and Dietetics. The Academy is the world's largest organization of food and nutrition professionals. We are committed to improving the health of West Virginians and advancing the profession of dietetics through research, education and advocacy. Visit www.eatrightwv.org for more information.