



Everything You Need to Know About Meeting with a REGISTERED DIETITIAN NUTRITIONIST (RDN)

A registered dietitian nutritionist (RDN) is trained to help you with healthy eating, meal planning, food preparation and understanding nutrition and your medications. They can also support you in achieving your nutritional goals.

An RDN is an important member of your health care team, especially if you have or are at risk of a chronic health condition. Your appointment with an RDN could be an in-person visit or you might have a remote visit with Internet access on a computer, tablet or smartphone.

PREPARING FOR YOUR APPOINTMENT

- **Create a food journal** or list of everything you have eaten for at least three days. Make sure you list everything you eat and drink, including snacks. Try to include at least one day you are not at work.
- **Make a list of your medications.** Include all prescription medications, over-the-counter medications, vitamins, and supplements.
- **Read** about the potential side-effects of your medications and make a list of your questions.
- **Think about what your healthy eating goals are.** If you do not have goals yet, your RDN can help you think about what goals you want to work towards.
- **Request your lab results** from your doctor's office to share with your RDN, especially your Hemoglobin A1c and cholesterol levels.
- **Make a list of questions** you would like to ask the RDN.
- **Think about bringing a care partner or family member** with you to your appointment to help take notes.

QUESTIONS YOU MIGHT WANT TO ASK YOUR DIETITIAN (RDN)

- How does food affect my condition?
- What do I need to know about my medications and food?
- What is a Body Mass Index (BMI), and what is my BMI?
- What do I need to know about sugar and carbohydrates?
- How much of each type of food should I have in each meal?
- What is a good way of tracking my fat and sugar intake?
- Can you show me how to read a food label?
- How do I shop for fresh foods and vegetables on a budget?
- Are there food pantries or food banks in my area?
- How do I create a healthy meal or plate?
- Do you have any sample healthy recipes?



SCAN ME
for ADA Healthy
Plate Method

For more information, contact
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DURING YOUR APPOINTMENT

- Ask your list of questions.
- Share your food journal or list.
- Talk about any lifestyle changes you would like to make.
- Ask the RDN what small changes you could make now.
- Have a positive attitude and an open mind.
- Ask how you can communicate with your RDN as you start to make small changes. Will you use a patient portal, an email address or have regular touch base telephone calls?

