

10 Reasons to Visit an RDN

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Do you want to lose or gain weight? Are you pregnant, looking to become pregnant or just had a child? Are you looking for ways to maintain your health in your older years? Are you an athlete looking to boost performance? These are just a few of the reasons people seek the expert, science-based advice of a registered dietitian nutritionist.

Here are 10 common reasons you should consult with a registered dietitian nutritionist:

1. You Have Diabetes, Cardiovascular Problems or High Blood Pressure
An RDN serves as an integral part of your health care team by helping you safely change your eating plan without