

What is a Registered Dietitian and How Can One Help?

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What is a RD?

Dietitians are the only qualified health professionals that assess, diagnose and treat dietary and nutritional problems at an individual and wider public-health level.

We work with both healthy and sick people. Dietitians use the most up-to-date public health and scientific research on food, health and disease which they *translate* into practical guidance to enable people to make appropriate lifestyle and food choices.



Where Can You Find Us?

- * Hospitals
- * Long-term care facilities
- * Public Health / Social Care
- * Private Practice
- * Universities/teaching institutions
- * Food Companies
- * Professional Sports Teams
- * Media



RDs Areas of Interest

- ❖ Allergies/Sensitivities
- ❖ Clinical Nutr/ Nutr Support
- ❖ Diseases and Medical Conditions (Cardiac, Onc, Gl...)
- ❖ Eating Disorders
- ❖ Sports Nutrition
- ❖ Food Safety
- ❖ Food Trends (Pop. Diets)
- ❖ Government / Legislation/Guidelines
- ❖ Healthcare Facilities (LTC)
- ❖ Diet / Meal Planning/ Counseling
- ❖ Biotechnology
- ❖ Research
- ❖ Sustainability
- ❖ Wt Loss/Mgt
- ❖ Antenatal/Infant/Pedi/Adult/Geriatric



The RD v Nutritionist

- * Distinguishing between **Dietitian** and **Nutritionist**:
Qualifications governed and protected under the law.
- * UK-wide regulatory body responsible for setting and maintaining standards. Those registered with Health and Care Professions Council (HCPC) may legally declare themselves as **dietitians** or more precisely, registered **dietitians** (RDs).



Hot Topics in 2019

- * Sustainability- Flexitarian Diets
- * Keto, Caveman & Pegan Eating Plans
- * Intermittent Fasting for Wt Loss
- * Organic / Gene Edited/GMO Challenges
- * Gut Health/Fermented Products
- * Insect Protein
- * Plant-Based Milks



Now time for... Clinic to Kitchen!



Spinach!!

Loaded with Vitamins and Minerals

Vitamin A: rich in carotenoids, which the body can turn into vitamin A

Vitamin C: Powerful antioxidant that promotes skin health and immune function.

Vitamin K1: Vitamin K is essential for blood clotting

Folic acid: Also known as folate, or vitamin B9. It is essential for normal cellular function and tissue growth, and is very important for pregnant women.

Iron: Helps create hemoglobin, which brings oxygen to the body's tissues.

Calcium: essential for bone health. This mineral is also a crucial signaling molecule for the nervous system, heart and muscles.

*Spinach also contains several other vitamins and minerals, such as potassium, magnesium, and vitamins B6, and E. **AND...FIBER!**

Bananas!!

- * Antioxidants
- * Satiety
- * High in Potassium: reduces high blood pressure, risk of heart disease
- * Decent source of magnesium, a mineral that plays hundreds of roles in the body. Magnesium may protect against heart disease and type 2 diabetes.

Blueberries!!

- * Low in calories but high in fiber, vitamin C and vitamin K.
- * Highest antioxidant capacity of all the popular fruits and vegetables. Flavonoids appear to be the berries' antioxidant with the greatest impact.
- * Anthocyanin have been shown to reduce DNA damage.
- * The antioxidants in blueberries have been shown to reduce a predominant risk factor for heart disease by preventing oxidative damage to “bad” LDL cholesterol.
- * The antioxidants in blueberries seem to benefit your brain by aiding brain function and delaying mental decline.
- * Several studies demonstrate that blueberries have anti-diabetes effects, improving insulin sensitivity and lowering blood sugar levels.
- * Like cranberries, blueberries contain substances that can prevent certain bacteria from binding to the wall of your bladder, which may help prevent UTIs.

Almonds!!

- * Resists oxidative damage which causes aging. Esp Vitamin E (tocopherol)
- * Almonds are extremely high in magnesium, a mineral that many people don't get enough of.
- * Heart health: reduces BP, LDL
- * High in protein and fiber. Studies show that eating almonds and other nuts can increase fullness and help you eat fewer calories... AID in Wt Loss!

Gogi Berries!!

Good sources of: vitamins and minerals, including:

- * Vitamin A, C, Fe, Fiber
- * Zinc – aids in body's defense system, cell growth, healing, and skin integrity
- * These berries contain all 8 essential amino acids. A single 4 ounce serving provides nearly 10% of your daily value for protein. For fruit, this is a surprising amount of protein!

Beet Juice!!

- * Heart Health
- * Stamina while exercising
- * High in nitrates to suppress dementia!
- * High in Potassium
- * Beta Alanines have chemo-preventive abilities against some cancer cell; are thought to be free radical scavengers that help find and destroy unstable cells in the body.
- * Rich in the Following:
 - Ca, iron, Mg, Mn, Ph, Zn, Cu, selenium, folate, Vit C
- * Reduce fatty deposits in the liver?

Ginger!!

- * Aids in nausea
- * Reducing muscle pain and may reduce exercise-induced muscle soreness.
- * Some studies show ginger to be effective at reducing symptoms of osteoarthritis.
- * Reduce BG levels and improve heart disease risk factors in patients with type 2 diabetes.
- * Increases stomach motility, which can be beneficial for people with indigestion and related GI discomfort.
- * Lowers LDL cholesterol and TG levels.
- * Ginger contains a substance called 6-gingerol, which may have protective effects against cancer (more research needed.)
- * May protect against age-related neurological damage. It may also improve brain function in elderly women.

Water!!

- * Helps dissolve minerals and other nutrients in the body
- * Detox effects: water lessens the burden on your kidneys and liver by flushing out waste products.
- * Thermoregulation

Apples!!

- * Apples may aid weight loss in several ways... 1st: they're particularly filling due to their high fiber content.
- * They're high in soluble fiber (red. cholesterol.) They also have polyphenols, which are linked to lower BP and stroke risk.
- * Prebiotic property may be the reason they protect against obesity, heart disease, and type 2 diabetes.

As Yourself This Question:

Does it help or harm you?

You choose!!



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Thank you