



68 Registered Dietitians at Cleveland Clinic see patients in the following locations:

Cleveland Clinic
Main Campus

Beachwood Family
Health & Surgery Center

Brunswick Family
Health Center

Elyria Family Health &
Surgery Center

Independence Family
Health Center

Independence Cancer Center

Lakewood Family
Health Center

Lorain Family Health &
Surgery Center

Solon Family Health Center
Sports Health Center

Strongsville Family
Health & Surgery Center

Westlake Family
Health Center

Willoughby Hills Family
Health Center

Wooster Family
Health & Surgery Center

Understanding how a Registered Dietitian can help you improve your diet and everyday life

What is a Registered Dietitian?

A registered dietitian (RD) practices the science of medical nutrition therapy. Based on your nutritional status, condition, illness or injury, a dietitian will work with you to optimize your treatment and aid your recovery. Not all “nutritionists” have the same expertise or training. It is important to check their training and credentials.

All of the dietitians employed at Cleveland Clinic are registered with the Commission on Dietetic Registration, The American Dietetic Association, and are licensed dietitians in the State of Ohio. Every dietitian at the Cleveland Clinic has completed a four-year baccalaureate degree from an accredited college or university and a dietetic internship or comparable supervised experience. Several dietitians also have advanced degrees and/or specialty certifications.

Who should see one?

Ultimately, dietitians are helpful anywhere food and people and disease collide. That means anyone interested in improving their nutrition can benefit from seeing an RD.

Ideally, you should have an annual nutrition exam, as well as your regular primary care physical exam. In addition, pregnant women, breastfeeding mothers, the elderly and those with chronic health conditions have unique needs that an RD can address to improve or optimize health.

What are the benefits?

Eating a healthier diet that optimizes nutrition can prevent diseases, such as diabetes, high blood pressure, high cholesterol, heart disease, cancer, gastrointestinal problems and kidney disease.

Registered Dietitian

But a dietitian can also play a proactive role, helping you with everyday issues, such as:

- Weight management
- Improving your quality of life
- How to choose easy, healthy meals at home
- Answer questions about nutrition as you age
- Understanding portion control and reading food labels
- How to eat out without blowing your diet
- Finding useful recipes and websites
- Review your dietary supplements for any food/drug interactions
- Provide tips for healthy, but budget-friendly grocery shopping
- Dispelling nutrition myths that can have adverse affects on your health

RDs also can help with specific help for any particular chronic condition you may have, such as cancer, metabolic disorders, Alzheimer's disease, an eating disorder or wound healing problems.

What happens during a visit?

Your RD will do the following:

- Work individually with you to assess your nutrition needs (review your medical and diet history, blood tests, weight and weight trends, along with other physical measurements)
- Design a personalized meal plan for you
- Help you establish realistic goals, short term and long term
- Equip you with techniques to stay on track with your nutrition plan
- Provide ongoing encouragement and support in 15- to 30-minute sessions until your goals are met (three or more visits are recommended for best results)

You also may choose to take advantage of our state-of-the-art BOD POD®, an egg-shaped pod that safely and accurately measures fat and fat-free mass. This five-minute test provides information, including your resting metabolic rate and total energy expenditure, which can be helpful in calculating your nutritional needs.

About the Department of Nutrition Therapy

Cleveland Clinic's Department of Nutrition Therapy is dedicated to meeting the clinical nutrition needs of patients who are at risk for malnutrition as a result of food allergies and intolerances, medical conditions, surgical recovery and cultural differences. Our registered dietitians provide outpatient nutritional counseling, helping patients manage weight management issues as well as chronic health conditions, such as diabetes, high blood pressure, heart disease, cancer, gastrointestinal disorders and kidney disease. They also are available to guide patients in strategies that help minimize their risk for acquiring these chronic illnesses.



CENTER FOR HUMAN NUTRITION

Our Center is one of the only centers in the nation offering comprehensive services, including specialized teams for nutrition therapy, intestinal rehabilitation and transplant nutrition, and nutrition support.

WHY CHOOSE THE DDI?

Cleveland Clinic Digestive Disease Institute (DDI) is the first of its kind to unite all specialists within one unique, fully integrated model of care – aimed at optimizing patient experience. At DDI, we offer patients the most advance, safest and proven medical and surgical treatments primarily focused on the gastrointestinal tract. Cleveland Clinic has been ranked #2 in the nation in gastroenterology by *U.S. News & World Report's* Best Hospitals Survey since 2003.

OUR INSTITUTE INCLUDES:

- Colorectal Surgery
- Gastroenterology & Hepatology
- General Surgery, including Hepato-pancreato-biliary & Transplant Surgery
- Human Nutrition

clevelandclinic.org/nutrition

To schedule an appointment with a Cleveland Clinic Registered Dietitian, please call 216.444.3046, or toll-free 800.223.2273, ext. 43046.