

REGISTERED DIETITIAN NUTRITIONIST

V S "NUTRITIONIST"



Accredited Degree
ACEND-Approved Bachelor's
Master's Degree - >50%



No Degree Required.



1200 ACEND
approved supervised
practice hours



No Practice Hours
Required



Required National
Examination



No Examination
Required



Continuing
Education Required.
Audits every 2.5 years



No Continuing
Education Required



State License
Required



No State License
Required



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BUSINESS ENVIRONMENT

- Authors ?
- Computer Programming ?
- Expert Witness
- Food Labeling
- Foodservice Equipment/Design ?
- Marketing/Public Relations
- Nutrient Analysis ?
- Product/Recipe/Menu Development
- Retail Foodservice/Foodservice Management ?
- Sanitation/Quality Control ?
- Spokesperson ?

EXPERTISE AREA

- Behavioral Health ?
- Cancer/Oncology Nutrition ?
- Childhood Overweight/Obesity ?
- Culinary Arts ?
- Diabetes ?
- Digestive Disorders
- Eating Disorders ?
- Food Allergies/Food Intolerance
- General Nutrition Wellness/Healthy Eating
- Gerontology Nutrition ?
- Gluten Intolerance ?
- Heart Health ?
- Home Health Care

- Integrative & Functional Nutrition
- Kidney and Renal Diseases ?
- Lactation ?
- Maternal Nutrition ?
- Metabolic Measurements
- Nutrition for Immune Disorders/HIV/AIDS
- Pediatric Nutrition ?
- Pregnancy/Breastfeeding
- Sports Nutrition ?
- Vegetarian Nutrition
- Weight Management, Adult ?
- Weight Management, Children/Teens ?
- Wound Care ?

LANGUAGES

- Arabic
- Chinese ?
- English
- French
- German
- Hindi ?
- Italian
- Korean
- Other
- Polish
- Portuguese
- Spanish
- Tagalog
- Vietnamese

MEDICARE

- Medicaid* (State of provider's practice)
- Medicare - Chronic Kidney Disease
- Medicare - Diabetes



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Balsamic Veggie Pasta



Adapted from: <https://www.gimmesomeoven.com/easy-balsamic-veggie-pasta/>

Ingredients

- 12 oz. uncooked whole wheat pasta
- 3 Tbsp. olive oil
- 1 small red onion, peeled and thinly sliced
- 1 lb. green beans, cut into 1 inch pieces
- 1 small head of broccoli florets, cut into bite-sized pieces
- 1 red bell pepper, cored and thinly sliced
- Salt and pepper to taste
- 5 cloves garlic
- 3–4 Tbsp. balsamic vinegar
- Freshly grated parmesan cheese
- *Optional: grilled chicken, chickpeas, sautéed Tofu for added protein*

Directions

1. Cook pasta in a large pot of salted boiling water according to package directions. Drain and set aside.
2. Heat 2 Tbsp. oil in a large skillet over medium– high heat. Add the red onion and sauté, stirring occasionally for 4 minutes. Add the garlic and sauté an additional 30 seconds or until fragrant.
3. Add the rest of veggies and the salt and pepper. Mix to coat the veggies in the oil (adding more oil if needed) and let cook for 4–5 more minutes, or until cooked, stirring occasionally. Remove from heat.
4. In the large pot, combine the cooked pasta, the veggie mixture, 1 Tbsp. oil, the balsamic vinegar, and salt and pepper to taste. Cook until the pasta is very lightly toasted.
5. Remove from heat and serve warm, garnished with parmesan cheese.

Tuscan White Bean Pasta



Source: <https://www.budgetbytes.com/tuscan-white-bean-pasta/>

Ingredients

- 8 oz linguini or fettuccine
- 1 Tbsp. olive oil
- 1 Tbsp. butter
- 3 cloves garlic, minced
- 1 pint grape or cherry tomatoes
- 1/2 tsp. salt
- Ground black pepper, to taste
- 1/2 tsp. dried basil
- 1, 15 oz. can cannellini beans
- 4 oz. baby spinach
- 3 oz. shredded parmesan

Directions

1. Bring a large pot of water to a boil. Add the pasta and cook according to the package directions. When cooked, drain and set aside.
2. Meanwhile, heat the olive oil and butter in a skillet over medium-low heat. Sauté the garlic in the oil for about a minute, or until fragrant.
3. Add the tomatoes, salt, pepper, and basil. Sauté until the tomato skins burst and they begin to release their juices.
4. Add the spinach to the pan and stir to combine until the spinach is halfway wilted.
5. Rinse and drain the cannellini beans. Add to the skillet and cook until the beans are heated through.
6. Add the pasta to the skillet. Toss until the pasta is coated in the sauce and everything is combined. Top with shredded parmesan and enjoy!