



Cara Harbstreet, MS, RDN, LD, Mission, KS

All registered dietitians are nutritionists – but not all nutritionists are registered dietitians.

Registered dietitian nutritionist (RDN) education and training includes:

- ✚ A baccalaureate degree or higher in dietetics from an accredited university or college.
- ✚ 1200 hours of industry related experience.
- ✚ Passing score on national registration exam.
- ✚ Completion of continuing education to maintain expertise.

Who We Are

The Kansas Academy of Nutrition and Dietetics, a state affiliate of the Academy of Nutrition and Dietetics, has more than 650 members committed to optimizing the health of Kansans through food and nutrition and advancing the profession of nutrition and dietetics through research, education and advocacy.

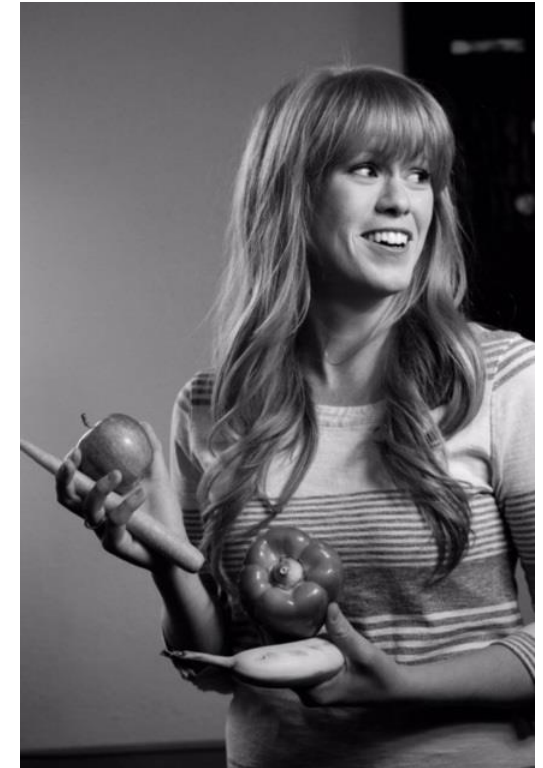
Contact us to find a Registered Dietitian Nutritionist near you.

Executive Director: Abby Heidari

Phone: 913-777-4532

Email: director@eatrightks.org

*(Pictured on the front cover:
Gretchen Strathe, RDN, LD and KSAND
President Elect, Wichita, KS)*



**Kansas Registered Dietitian Nutritionists (RDN) in Primary Care:
Improving your patients' health and your practice**



Laura Cates, RDN, LD, Overland Park, KS

Registered Dietitian Nutritionists complement your practice by:

- ✦ Improving patient outcomes
- ✦ Increasing patient satisfaction
- ✦ Decreasing hospitalizations
- ✦ Reducing prescription drug use
- ✦ Lowering overall health care costs

A recent study found that for every dollar invested in the RDN-led lifestyle modification program, there is a return of \$14.58.

http://www.eatrightpro.org/~media/eatrightpro%20files/practice/patient%20care/registered_dietitians_your_nutrition_experts.aspx

Registered Dietitian Nutritionist offers your practice expertise in:

- ✦ Nutrition care across the lifespan
- ✦ Prevention, treatment and management of chronic conditions
- ✦ Medical nutrition therapy
- ✦ Nutrition counseling and intensive behavioral therapy
- ✦ Patient self-management education and training
- ✦ Care coordination



"After 40+ years of suffering from the symptoms of IBS, I finally found relief & now know which foods trigger my symptoms with the help of my dietitian. She saved my life."

Patient Quote, Leawood, KS



Cheryl Mussatto MS, RDN, LD, Osage City, KS

Registered Dietitian Nutritionists are affordable:

Medicare and many private insurance companies cover a variety of RDN services for specific medical conditions.

So, are you ready to add a RDN to your healthcare team?
Do you need help finding the right RDN for your practice?

The Kansas Academy of Nutrition and Dietetics is here to help.

**Contact Abby Heidari, KSAND
Executive Director
director@eatrightks.org
913-777-4532**