

Meeting with a **RDN**



A Division of Health Care Service Corporation, a Mutual Legal Reserve Company,
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Patient Educational
Handout



Since being diagnosed with diabetes, you may have heard your doctor talk about foods you should avoid or add to better control your blood sugar. A Registered Dietitian Nutritionist (RDN) can talk to you more about the specifics about how your diet impact your diabetes.

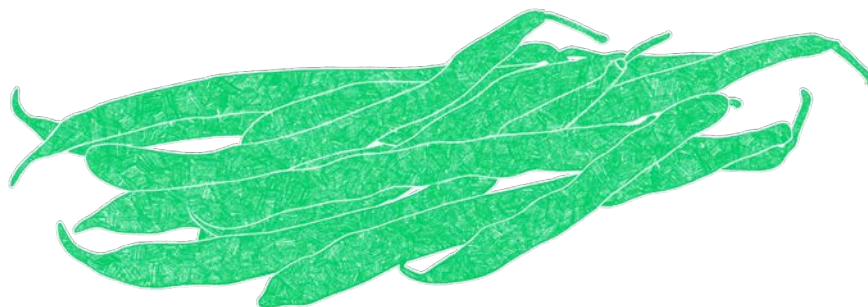
RDNs are experts in the field of nutrition and are there to help you navigate your lifestyle and diet. RDNs practice dietary counseling called medical nutrition therapy that will be specific to your life, goals, and habits.

You may want to meet with a RDN if you want to learn more about how different foods impact your blood sugar, confused about dietary recommendations, want some strategies for grocery shopping and eating out, or want to prevent other complications of diabetes like cardiovascular disease.

Before visiting with a RDN you can fill out these questions to be better prepared for your appointment!

What are your goals when it comes to food and your health?

How many meals do you eat a day?



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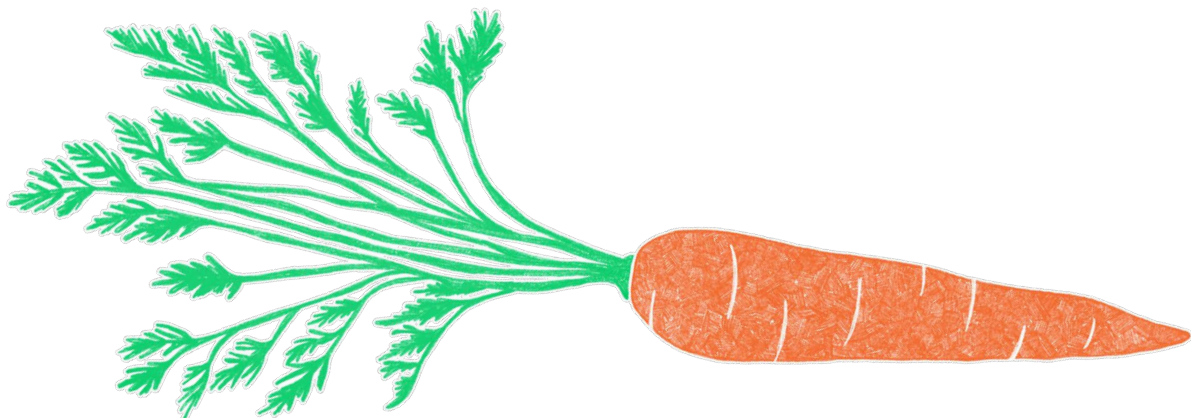


What do those meals generally look like?

How do you feel about the meals you eat?

How many snacks do eat a day?

What do those snacks look like?



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What do you usually drink during the day?

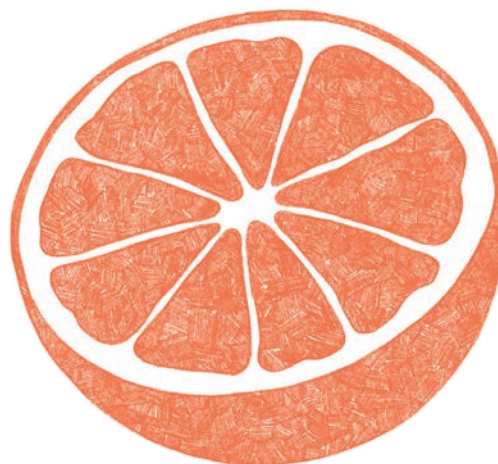
Are you taking any supplements (like vitamins) other than your prescribed medication?

Write three questions you may have for a RDN:

1. _____

2. _____

3. _____



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