Role of the Registered Dietitian in the Treatment of Eating Disorders

The role of the Registered Dietitian (RD) is to develop and implement the nutrition treatment plan while providing support in accomplishing the goals set out in the treatment plan. You should have regular contact with the RD to discuss accomplishments and barriers in the treatment plan. A SCAN RD specializing in eating disorders has the training, expertise, and desire to help you live and perform optimally through good nutrition at every stage of life. Find a SCAN RD in your area at www.scandpg.org.

The RD will explore:
- Current dietary intake
- Nutritional needs
- Importance of adequate dietary intake
- Individualized meal plans with food planned every few hours
- A healthy weight goal
- Food fears, restrictions and rules
- Feelings and emotions associated with food
- Medical issues associated with eating disorders such as: delayed stomach emptying, decreased gut functioning, bone loss and loss of menstrual cycle

The RD you will assess your:
- Nutritional status
- Knowledge base
- Physical activity
- Motivation and readiness to change

The RD will individualize your treatment plan and will help you achieve accurate perceptions and interpretations regarding nutrition and emotional and physical signs of weight change and hunger/fullness cues.

Nutrition Therapy provided by a RD trained in the area of eating disorders plays a significant role in the treatment and management of eating disorders.