

## OUR MISSION

WAMDA is a voluntary, non-profit association that promotes optimal nutrition and well-being for our community, its people, and nutrition professionals.



## DIVERSITY & INCLUSION

The Western Area Massachusetts Dietetic Association encourages diversity and inclusion by striving to recognize, respect and include differences in ability, age, creed, culture, ethnicity, gender, gender identity, political affiliation, race, religion, sexual orientation, size, and socioeconomic characteristics in the nutrition and dietetics profession.

## CONNECT WITH US



[www.wamda.org](http://www.wamda.org)



@WesternMassDietitians



wamda\_nutrition



Your local connection to Registered Dietitians: *the food and nutrition professional*





## FOR THE COMMUNITY

*Discover nutrition resources in Western Massachusetts. Visit our website to:*

Access our “Find A Dietitian” webpage, where you can find a Registered Dietitian by expertise/health concern, location, insurance coverage and more

Apply for our annual student/intern scholarship

Advertise a nutrition-related job opening

Find a nutrition professional for media-related inquires

Connect with a dietitian to attend local job fairs, health fairs and community events

View upcoming events and educational opportunities

## TOP 10 REASONS TO CONSULT A REGISTERED DIETITIAN

1. You have diabetes, heart disease or hypertension
2. You are thinking of having or have had gastric bypass surgery
3. You have digestive problems
4. You're pregnant, are trying to get pregnant or are breastfeeding
5. You need guidance on vegan/vegetarian eating
6. You have challenges with food and eating healthfully
7. You need to gain/lose weight
8. You're caring for an aging parent
9. You want to eat well
10. You want to improve your performance in sports

## WHO WE ARE

*When it comes to receiving nutrition advice, education and training matters!*

A Registered Dietitian or Registered Dietitian Nutritionist is a food and nutrition expert who has met the minimum academic and professional requirements to qualify for the credential "RD" or "RDN."

This includes earning a degree from an accredited dietetics program, completion of a supervised practice requirement (dietetic internship), passing a national exam and continued professional development.

This differs from a “nutritionist”, because anyone with interest in nutrition can call themselves a nutritionist!

