



HEALTHY EATING GUIDE

Why is Healthy Eating Important?

Healthy foods and drinks are essential for good health. This includes fruits, vegetables, whole grains, lean proteins, healthy fats, water, milk and 100% juice. Eating well provides important nutrients - vitamins, minerals, protein, essential fats, and energy. Combined, these nutrients build strength, a healthy immune system, and more energy. Without a well-balanced diet, the risk of disease increases.

Why See a Registered Dietitian or Nutritionist?

To practice dietetics in Maryland, Registered Dietitians (RDs) must be licensed by the Board of Dietetic Practice. Research shows that overweight individuals who receive medical nutrition therapy provided by a RD in addition to obesity-related health management from physician visits, nursing support, and education, are more likely to achieve significant weight loss.

- *More RDs may be found at: www.eatright.org/programs/rdfinder/
Some RDs accept insurance, others will provide a bill that you can submit to your insurance company. In addition, some primary care practices have dietitians available to their patients. Check with your provider.*

To practice in Maryland, nutritionists must be licensed by the Board of Dietetic Practice. Nutritionists provide therapeutic nutrition care including: assessment, goal setting, counseling, and evaluating nutrient-drug interaction. Integrative nutritionists focus on whole foods, nutritional supplements, mindful eating, and client centered care.

- *To find an integrative nutritionist, contact Maryland University of Integrative Health's Natural Care Center at 410.888.9048 ext. 6614, or naturalcarecenter@muih.edu or visit www.muih.edu/health-resources/find-practitioner.*

Online Resources

Betterbeveragefinder.org
Heart.org/simplecooking
Nutrition.gov
Eatright.org
Health.gov
Kidshealth.org
Superhealthykids.com
Fitness.gov
ChooseMyPlate.gov

Maryland University of Integrative Health

Free lectures and webinars on integrative and functional nutrition are available at: www.muih.edu. MUIH also offers consultations in integrative and functional nutrition. Affordable services are provided by graduate student interns and licensed faculty practitioners at the Natural Care Center. Contact: naturalcarecenter@muih.edu or 410. 888.9048 ext. 6614



