



### **About -**

The Connecticut Academy of Nutrition and Dietetics (CAND) serves the public through promotion of optimal nutrition, health, and well-being. As the leading advocate of the dietetic profession in Connecticut, our membership includes Registered Dietitian Nutritionists and Dietetic Technicians, Registered as well as students and retirees of the profession. Chartered by the Academy of Nutrition and Dietetics, the CT Academy is committed to serving the public in the state of Connecticut, while supporting activities at the national and international level. There are approximately 1,000 members in the state of Connecticut. Practice areas include business/industry, communications, consultation and private practice, community nutrition, culinary, diabetes care, education, food and nutrition management/administration, gerontology, hunger/environmental nutrition, long-term care, nutrition support, oncology, pediatric, renal nutrition, research, school nutrition, sports nutrition, weight management and wellness/prevention.

For more information visit [www.eatrightct.org](http://www.eatrightct.org),

follow us on **Twitter** @EatRightCT and **Facebook** at <https://www.facebook.com/eatrightct> and check out our blog at [www.EatRightCTWordPress.com](http://www.EatRightCTWordPress.com).

### **What is the Academy of Nutrition and Dietetics?**

The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving the nation's health and advancing the profession of dietetics through research, education and advocacy. Approximately 70 percent of the Academy's over 75,000 members are registered dietitians (RDs) or registered dietitian nutritionists (RDNs) and 2 percent are dietetic technicians, registered (DTRs). Other Academy members include students, educators, researchers, retired and international members. Nearly half of all the Academy's members hold advanced academic degrees.

The Academy was founded as the American Dietetic Association in Cleveland, Ohio, in 1917 by a visionary group of women, led by Lenna F. Cooper and the association's first president, Lulu C. Graves, who were dedicated to helping the government conserve food and improve the public's health and nutrition during World War I.

After 95 years, the association changed its name in 2012 to the Academy of Nutrition and Dietetics. The new name complements the focus of the organization to improve the nutritional well-being of the public, while communicating the academic expertise of its members and supporting the history as a food- and science-based profession. The Academy of Nutrition and Dietetics quickly and accurately communicates our identity: who we are and what we do.

**Mission:** The Connecticut Academy of Nutrition and Dietetics is the advocate of the dietetic profession serving the public through the promotion of optimal nutrition, and well-being by supporting activities of its members.

**Vision:** The Connecticut Academy of Nutrition and Dietetics members are the leading source of food and nutrition services

### **Who Are the Food and Nutrition Experts?**

*All registered dietitians are nutritionists, but not all nutritionists are registered dietitians.* Some registered dietitians may call themselves "nutritionists," but not all nutritionists are registered dietitians. The definition and requirements for the term "nutritionist" vary. Some states have licensure laws that define the range of practice for someone using the designation "nutritionist," but in other states, virtually anyone can call him- or herself a "nutritionist" regardless of education or training.

In early 2013, to strengthen the link between the *science of dietetics* and the overall *wellness aspects of nutrition*, the Academy of Nutrition and Dietetics and the Commission on Dietetic Registration approved the optional use of the credential *registered dietitian nutritionist* by all who have earned the registered dietitian credential.

The RD and RDN credentials have identical meanings. Individual practitioners decide whether they will use the credential RD or RDN following their names and both are used in this Guide. To earn their credential, RDs and RDNs must earn at least a bachelor's degree from an accredited college or university, complete an intensive practice internship and pass a national registration examination. This combination of education and experience is why the Academy encourages journalists and consumers alike to **look for the RD and RDN credential** when seeking food and nutrition advice.

RDNs translate nutrition science into practical and applicable ways for people to bring nutritious foods into their daily lives. RDNs know how to distinguish fact from fiction and to give people the tools they need to make realistic eating behavior changes.

### **What Is a Dietetic Technician, Registered?**

A dietetic technician, registered is a food and nutrition practitioner, often working in conjunction with a Registered Dietitian, who has met the minimum academic and professional requirements to qualify for the credential "DTR." In addition to DTR credentialing, some states have regulatory laws for dietetic technicians, registered. Like RDs, DTRs must complete professional educational requirements to maintain their registration.