



NUTRITION SERVICES FAQ

Good nutrition is essential to maintain a healthy body. Do you want to lose or gain weight? Are you pregnant or looking to become pregnant? Is your child having trouble gaining weight or is a picky eater? Maybe you are looking for ways to maintain your health in your older years or have a food allergy? Maybe you're an athlete looking to boost performance? These are just a few of the reasons people seek the expert, science-based advice of a Registered Dietitian Nutritionist.

Registered Dietitian Nutritionists — RDNs — are food and nutrition experts who can translate the science of nutrition into real solutions for healthy living. RDNs use their nutrition expertise to help each person make unique, positive lifestyle changes they care about. In Pennsylvania, RDNs are also licensed and regulated as nutritionists under the title Licensed Dietitian-Nutritionists (LDNs).

Who can see an RDN?

If you eat OR you don't eat, you'll benefit from seeing an RDN. Anyone can see an RDN for help with their diet. From basic nutritional needs to the controversies on TV and social media, RDNs are required to stay up to date on the latest and greatest info in the field of nutrition. Nutrition services at Leg Up Farm are available for children and adults.

Will my insurance cover it?

Possibly! You just have to check. If you have a disease or weight issue in which eating healthier will help, insurance may cover at least one or more appointments with an RDN. Call your insurance and ask whether you have coverage to receive medical nutrition therapy from a registered dietitian. They will let you know what the criteria is. You may also choose to pay out of pocket in the same way as commercial weight management programs.

Do I need a doctor's referral?

Yes, if you want your insurance to be billed for the visit.

What if I have food allergies?

If you have to restrict your diet due to food allergies or sensitivities, you're more likely to miss out on important nutrients. A registered dietitian nutritionist can help you make sure you're still meeting all your body's needs within the foods you're choosing to include.

What if I'm picky eater or I don't know how to cook?

Registered Dietitians are the only licensed healthcare provider that studies food science and culinary skills as a part of their college courses. Along with anatomy and chemistry this helps dietitians tailor nutrition recommendations to your specific health issues, what you like to eat, and even budget. What is right for one person may not be the best choice for you.

For more information or to make an appointment contact Carmen Iosif-Clark at 717-266-9294

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WHEN YOU EAT BETTER YOU FEEL BETTER!