

13 Things your Dietitian Secretly Wants you to Know!

- 1. Your dietitian originally started studying nutrition not because she loves making rules surrounding food, but because she truly loves FOOD (and how it affects the body)!**
 - As that stands, she is not interested in being the “food police” and making all kinds of crazy regulations that you have to adhere to. She will absolutely NOT take away *any* foods from you, or tell you what to do or eat. That is not her mindset or job. More so, she just wants to help you find a way to shift your habits towards a healthier eating style (for life), without giving up your favorite foods. Remember, she’s the ultimate foodie!
- 2. That being said, Registered Dietitians are not interested in judging you or your food choices.**
 - They understand that you are human and we all have cravings and weak moments! It doesn’t matter what choices you make or what kind of lifestyle you live - as long as you are interested in working with your dietitian to introduce healthier options and habits.



3. In fact, you **DO NOT** have to give up your favorite foods and we won't tell you what to do or eat!

- There are ways to compromise your eating so that you can still have your mac n' cheese (or whatever your vice may be!), without giving up your progress. Your dietitian can help you to create *healthier* versions of your favorite foods, that still taste good (I promise). Ultimately, it comes down to portion control so you can feel guilt-free! This is why she asks about your food preferences, likes and dislikes - to help you make realistic changes that taste good to you!
- Your dietitian is **NOT** there to tell you what to do or not do. She is there to listen first and foremost, and present new options, ideas and recipes. It's your job to choose what you're going to do and when- and she will guide you along the way. A dietitian truly sees the bigger picture and knows that it's a **LONG-term** process to get there. She will help you make your goals do-able so that you can accomplish them.



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4. Full disclosure- Registered Dietitians do not eat “healthy” all of the time.

- Being a dietitian does not mean having iron-clad willpower when it comes to food. In fact, willpower will not instill lifelong habits anyways, so let’s just ditch that word. We all have our favorite foods, whether it’s chocolate or pizza, but as dietitians, we often crave healthier versions of these foods because they are what we actually, truly like. Yes, really! The healthier you eat the healthier types of cravings you will have over time- true story! When we have something that is more of an indulgent food, then we normally balance it out by choosing something healthier for our next meal or snack. Everyone struggles with these things but learning balance in food (and life) is the key!

5. However, we do want to help you *enjoy* healthier foods as well!

- There are so many delicious recipes out there that are nutrition-dense. Just because something is healthy doesn’t mean that it has to lack flavor! We love to teach clients how to incorporate more of the “good stuff” in a way that pleases their taste buds and satisfies their nutritional needs. Everyone is different, so working one-on-one over a length of time is the best way to find out which foods and recipes work for your body, goals and medical issues. Dietitians take into account the whole body and person, not just food! This is why we need to know you on a deeper level in order to answer even questions that seem pretty “simple”. It’s all in the details and the reason behind the question.



6. There is no perfect “diet” or way of eating.

- The best “diet” or long-term way of eating is the one that helps you the most! Your dietitian will not push you toward one way of eating over another. Instead, his or her goal is to help you develop an improved relationship with food that will make you feel better and help you to live a healthier, longer life. Your dietitian will help you make changes that stick so you don’t have to constantly go on and off “diets”.

7. Clients who are extremely *educated* about nutrition are pretty hard to help.

- With all of the media articles about GMOs, pesticides, heart disease, sugar consumption, fad diets, etc. floating around in our society, some clients come in to the office having already decided what is best for themselves and having tried “everything”. It creates a sort of tunnel vision making it difficult to show the bigger picture, keeping in mind individualized health needs and downfalls. Those who come in with an open mind and ready to try new foods, products and ideas make the most long term progress!
- Even if you’re super educated around nutrition, it’s best to leave that at the door so you can get the most out of your appointment. Clients who want to tell the dietitian about everything they know for over 45 minutes will often leave the appointment with very little information and feel like it was a waste of time. You might as well leave with some wonderful, clear, organized, professional, GOOD information if you’re paying to see a Registered Dietitian.



8. We will not be mad or disappointed if you don't meet the goals we talked about - we just want your honesty so that we can help you.

- We have all been there- maybe you binged on sugar after a rough workday or you drank a little too much last weekend, but as dietitians, it is our job to help you get back on track and try new “experiments” or goals, vs. judge you. It's best to just fess up so we can move forward and if you don't, we often can tell anyways and then it just makes our job harder.

9. It is likely that our work together will reveal things about your relationship with food that you didn't realize.

- What we fail to acknowledge is that a lot of our choices surrounding food have to do with the ways we were raised, hurt, or learned to cope throughout our lives. A Registered Dietitian can help you uncover such issues so you can overcome these obstacles and move forward in a positive light. Sometimes the psychological aspect of a client's way of eating may turn out to be quite significant and could end up requiring a referral to a psychologist to gain a better understanding of where things went awry. BONUS: Dietitians also love referring to, and working with, other health professionals to help you feel your very best.



10. We don't want to talk about nutrition or diets in our free time!

- When people find out that you are a dietitian, they often want to ask for advice about their eating habits or discuss “diet” options. Sometimes we just want to relax and enjoy our evening without hearing about what you binge-eat in the middle of the night, or your latest food related symptom.
- If you see a Registered Dietitian at a party, or happen to be sitting near one in a restaurant, trust me: she doesn't care one bit what you're ordering, eating or drinking. Not in a “mean” way - she just might not even notice. Dietitians are people and want to have their own experience with food. She does not want to help you order or listen to your food issues in a social setting -that is what appointments are for- just like with any other medical professional.

11. Yes, we know how to “lose 10 pounds super fast”

- However, we also know that when 10 pounds are lost through crash dieting, they pile right back on as quickly as you lost them, plus more! Dietitians know the best way to lose weight and **keep it off**, which is much better than losing 10# in a week. We focus on making incremental lifestyle changes that can be sustained without a deadline.



12. Lastly, we don't give out "diets" or research the latest passing, trendy diet, or nutrition book written by an "MD"!

- Trendy diets come and go but we don't hand out diet plans like prescriptions. Yes, we can absolutely help you with whatever way of eating appeals to you: Atkins, Paleo, High Protein, Vegan: whatever you want to call it is fine by us. We quickly see through the name into what someone wants to eat/not eat, or accomplish, long-term. We then help them fine-tune this way of eating for your body.
- When someone says they are eating an XYZ diet, we actually have NO idea what they're eating. A simple diet name does not constitute an exact way of eating. Everyone's interpretations of diets, books and choices of what to do/not do are different so we still need to know exactly what you're eating. It often becomes just "your way of eating", instead of a specific diet. I would love it if someone just said, "I'm eating the Bill diet!"---insert **your** name. That is the long-term goal!
- We also don't "need" to read the latest diet book that someone told you about in order to help you with the concept. Remember, we have been studying nutrition for most of our adult life (if not longer). Nutrition is **who** we are, it is how we live, and it's part of our DNA make up. We get it and a nutrition book recommended by Oprah is not going to enlighten us, ha ha. Trust me, we can still help you with that book without reading it because we probably already knew that information 10+ years ago.



13. Working with a dietitian to make lifelong changes takes more than 1-2 appointments!

- Many people want to come in for 1-2 appointments and see major changes or progress. They are disappointed when that doesn't happen. A dietitian is like having a coach in your corner. A baseball player doesn't ask their coach to show them how to hit or catch just once and then think: "Oh, I got it now!" Food and nutrition is simple yet complicated and to find your life-long way of eating, you need a coach in your corner. True food dietitians are constantly evolving their own ways of eating by trying new foods, recipes, products and staying up on the latest science, research and "fads",... so why would *you* only need a few appointments to make a major lifestyle shift?

Contact Lila at LO Solutions to get started on your nutritional journey today!

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