



## **What's a RDN?**

Registered dietitian nutritionists, or RDNs, are food and nutrition experts, translating the science of nutrition into practical solutions for healthy living. The expertise, training and credentials that back a registered dietitian nutritionist are vital for promoting positive lifestyle choices. RDN's can help separate the facts from the fads and provide sound, easy-to-follow nutrition advice. RDN's can guide you onto the right path when it comes to balanced eating, proper weight and risk reduction for chronic diseases.

Our Registered Dietitian Nutritionist, Jessica Butler, is available by appointment for individual and group tours with students, parents and campus organizations. She can help you navigate your campus dining options, support you in building well-balanced meals in the dining hall or share tips on choosing healthier options. Throughout the semester, nutrition events are held to increase students' knowledge and promote awareness about nutrition and wellness.

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