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**JFK Johnson Rehabilitation Institute:**

**10 Hints It's Time To See A Nutritionist**

Edison, NJ—What gets in the way of you eating right? Is it life's stresses? Conflicting dietary information? Eating healthy can be confusing, but a nutritionist can help you determine a healthy diet to meet your individual goals and needs.

This March is National Nutrition Month® and is a good time to seek the help of a registered dietitian. Diane Weeks, a registered dietitian with the Cardiac Rehabilitation department at JFK Johnson Rehabilitation Institute in Edison, suggests it's time to seek the help of a nutritionist if:

**1. You have diabetes, cardiovascular problems or high blood pressure.** A nutritionist can help you safely change your eating plan without compromising taste or nutrition.

**2. You are thinking of having or have had weight loss surgery.**

With a smaller stomach, it's a challenge to get the right amount of nutrients in your body. A nutritionist can work with you and your physician to develop an eating plan for your new needs.

**3. You have digestive problems.**

Together you can fine-tune your diet so you are not aggravating your condition with fried foods, too much caffeine or carbonation.

**4. You're pregnant or trying to get pregnant.**

A nutritionist can help you ensure you get nutrients like folate, especially during the first three months of pregnancy, as well as lower your newborn's risk for neural tube or spinal cord defects.

**5. You're breastfeeding.**

A registered dietitian can help make sure you're getting enough iron, vitamin D, fluoride and B vitamins for you and your little one.

**-more10**

**Hints It's Time To See A Nutritionist, add one**

**6. Your teenager has issues with food and eating healthy.**

A nutritionist can offer guidance in dealing with eating disorders like anorexia, bulimia, and obesity.

**7. You need to gain or lose weight.**

A registered dietitian can suggest appropriate calorie sources for whatever your goal.

**8. You are elderly or are caring for an aging parent.**

A registered dietitian can help with food or drug interaction, proper hydration, special diets for hypertension and changing taste buds as you age.

**9. You want to eat smarter.**

A registered dietitian can help you sort through misinformation; learn how to read labels at the supermarket; discover that healthy cooking is inexpensive, learn how to eat out without ruining your eating plan, and how to resist workplace temptations.

**10. You want to improve your performance in sports.**

A registered dietitian can help you set goals to achieve results -- whether you're

running a marathon, skiing or jogging with your dog.

Nutrition counseling is available at JRI to help you make appropriate dietary changes to positively impact your health. Call Diane Weeks at 732-744-5817.

Founded in 1974, The JFK Johnson Rehabilitation Institute is a major component of Solaris Health System, one of New Jersey's most comprehensive healthcare networks. The JFK Johnson Rehabilitation Institute headquartered at the JFK Medical Center in Edison is a comprehensive rehabilitative service provider focused on educating the community on rehabilitative health and helping adults and children with disabilities reach optimal function and independence. JFK Johnson Rehabilitation Institute is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF) for its Comprehensive Inpatient Rehabilitation, Brain Injury, and Comprehensive Vocational Evaluation programs. For more information on The JFK Johnson Rehabilitation Institute, call 732-321-7790 or visit the organization online at <http://www.njrehab.org>.

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