

## Ensuring Your Safety...

The Florida Board of Medicine's Dietetics and Nutrition Practice Council, under the Department of Health, Division of Medical Quality Assurance, is responsible for establishing and enforcing healthcare standards for the practice of nutrition counseling and/or nutrition services. The Council reviews applications to ensure applicants meet all licensure requirements. Investigations are conducted and the Board of Medicine takes disciplinary action when appropriate to ensure the safety of all people in Florida.

## Help Protect Yourself...

It is illegal to practice nutrition counseling and/or nutrition services or to provide health care services to Florida residents and visitors without a valid, active license. The Department of Health has made the vigorous enforcement of licensure regulation one of its priorities.

If you suspect unlicensed health care practice, call the Department's toll-free unlicensed activity hotline at 1-877-HALT-ULA (1-877- 425-8852), or e-mail us at [HALTULA@doh.state.fl.us](mailto:HALTULA@doh.state.fl.us)

## Medical Quality Assurance

The Florida Department of Health, Division of Medical Quality Assurance (MQA) is responsible for regulating all health care practitioners in Florida. MQA ensures that skillfully trained health care personnel are caring for the people of Florida. All licensed health care professionals in Florida are required to continue their education and remain current in their profession.



Department of Health Mission:  
To protect and promote the health of all residents and visitors in the state through organized state and community efforts, including cooperative agreements with counties.

To learn more...

Visit us on the web at:  
[www.doh.state.fl.us/mqa/dietetics/](http://www.doh.state.fl.us/mqa/dietetics/)

Contact us at:  
Dietetics and Nutrition Practice Council  
4052 Bald Cypress Way Bin #C05  
Tallahassee, FL 32399-3255

Phone: (850) 488-0595  
FAX: (850) 414-6860  
E-mail: [MQA\\_DieteticsNutrition@doh.state.fl.us](mailto:MQA_DieteticsNutrition@doh.state.fl.us)



# Eat Healthy Be Healthy

Seek a Licensed Nutrition Professional





# Eat Healthy, Be Healthy

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Nutrition is vital to a person's health. When attempting to achieve a healthier lifestyle, many of us need advice and counseling about our individual dietary needs.

## Who can help?

Licensed dietitian/nutritionists and licensed nutrition counselors are food and nutrition experts. They have the training and knowledge to translate nutrition science into practical information and solutions for healthy living.

## What benefits are there to seeing a licensed dietitian/nutritionist or licensed nutrition counselor?

Many people know about the impact that dietitian/nutritionists and nutrition counselors can have on overall health by improving eating habits and promoting weight loss and healthy weight. They can also provide medical nutrition therapy, which has been shown to decrease the length of hospital stays and the chance of low birth weight infants, as well as reduce complications from chronic diseases and enhance performance in sports.

## Reasons for Visiting a Licensed Dietitian/Nutritionist (LDN) and Licensed Nutrition Counselor (LNC)

- You want to reduce complications from diabetes, high blood pressure, cancer, cardiovascular problems, or other chronic disorders.
- You need to gain or lose weight.
- You have digestive problems.
- You are pregnant, trying to get pregnant, or breastfeeding.
- You are concerned about your child's weight or risk of becoming overweight.
- Your teenager is having issues with food and showing signs of an eating disorder.
- You are thinking of having or have had gastric bypass surgery.
- You are caring for an aging parent or concerned about nutritional needs as you age.
- You want to eat smarter and help your family eat healthier.
- You want to improve your performance in sports.

## Know the Facts

Serious damage can occur to a person's health if the wrong type of nutrition therapy is prescribed for certain types of illnesses.

To become licensed in Florida, dietitian/nutritionists must have a degree from an accredited university with a major course of study in human nutrition, food and nutrition, dietetics or food management. They must also complete at least 900 hours of supervised training, pass a national professional competency examination, and complete at least 30 hours of continuing education every two years to keep their license.

Do not risk your health – always make sure that your dietitian/nutritionist or nutrition counselor is licensed.

## How Can I Make Sure My Dietitian/Nutritionist or Nutrition Counselor is Licensed?

1. Ask to see a current Florida license.
2. Check online at [www.FLHealthSource.com](http://www.FLHealthSource.com)