

The background of the slide is a close-up photograph of a desk. In the foreground, there is a silver calculator and a silver pen. Behind them is a white spreadsheet with a grid and some text. The entire scene is overlaid with a semi-transparent dark brown rectangle that contains the text.

Ask the Dietitian

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Benefits of Asking a Dietitian Questions

Talking with a dietitian can help people of all ages learn how to take care of their bodies and make smart food choices. A dietitian is a nutrition expert who understands how food helps you grow, learn, and feel your best.

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