

**HOW CAN I FILE A COMPLAINT AGAINST A LICENSED DIETITIAN? WHAT HAPPENS AFTER I FILE MY COMPLAINT?**

Contact the Texas State Board of Examiners of Dietitians at the address or telephone number shown on the back of this brochure. When a complaint is filed with the board, staff members review the complaint to determine if the allegations made, if proven, would be a violation of the Dietitian Act or rules.

If the allegations would not be a violation of the law or rules, the complaint is closed and the person who filed the complaint is notified of the reason that it was closed.

If the allegations would be a violation of the law or rules, the investigation staff would investigate the complaint. If the investigation reveals that no violation occurred, the complaint is closed and the person who filed the complaint is notified of the reason that it was closed. If the investigation reveals that a violation occurred, the board would determine the appropriate disciplinary action to be taken. Actions may include a Letter of Reprimand, Probated Suspension, Suspension, or License Revocation.

**WHAT HAPPENS IF MY COMPLAINT DOES NOT FALL WITHIN THE BOARD'S JURISDICTION?**

If the board does not have the authority to resolve the complaint, it will be referred to the appropriate government agency for handling the complaint, if such agency exists.

**A Final Word**

**Credentialing is in the best interest of the public because it provides the greatest level of protection from being harmed by unqualified and incompetent practitioners.**

**BE SURE YOUR NUTRITION PRACTITIONER IS A LICENSED DIETITIAN**

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For more information:

**Texas State Board of Examiners  
of Dietitians**  
PO Box 149347  
Austin, Texas 78714-9347  
(512)-834-6601  
(512) 834-6677 Fax  
Consumer Complaints Hotline:  
1-800-942-5540  
[dietitian@dshs.state.tx.us](mailto:dietitian@dshs.state.tx.us)



**Texas Licensed Dietitians**

**The most valued source of food and nutrition services**

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of Dietitians**

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<http://www.dshs.state.tx.us/dietitian>

## WHAT DO LICENSED DIETITIANS DO?

- Follow a Professional Code of Ethics that places a high value on providing services based on scientific principles and recognizing and exercising professional judgment within the limits of one's qualifications.
- Teach individuals how to practice balanced eating to achieve a healthy lifestyle.
- Separate nutrition facts from fads and translate the latest scientific findings into easy-to-understand nutrition information.
- Provide Medical Nutrition Therapy, which incorporates assessment of nutritional status and development of personalized interventions to improve eating habits, lifestyle choices, and health.
- Participate in public policy decisions to ensure the optimal health and nutritional status of all citizens of Texas.
- Plan and supervise the preparation of food for institutions such as hospitals, schools, cafeterias and restaurants.
- Work as health care team members with physicians and other medical professionals.
- Instruct groups and individuals about the nutritional care of conditions such as but not limited to: diabetes, kidney disease, obesity and pregnancy.
- Research and interpret nutrition and food science to understand food's role in health.
- Interpret, educate, and implement food safety practices.

## LICENSED DIETITIANS PRACTICE IN DIVERSE SETTINGS:

- Business and Industry
- Education and Research
- Food Service Operations
- Government Agencies
- Health Care Organizations and Facilities
- Media and Communications
- Private Practice
- Wellness & Fitness Organizations

## WHY IS IT IMPORTANT TO CHOOSE A LICENSED DIETITIAN?

Licensed Dietitians have met strict standards to become licensed by this state. Those standards include a minimum of a Baccalaureate degree from an accredited college or university, post graduate supervised training of at least 900 hours, and the passing of a national registration examination.

Since Licensed Dietitians are required to complete continuing education classes annually, the public can be assured that Licensed Dietitians are maintaining and upgrading their skills and knowledge in order to provide quality services and products.

In Texas, the Texas State Board of Examiners of Dietitians licenses and regulates Licensed Dietitians and Provisional Licensed Dietitians. Unless the person holds an appropriate license, a person may not use the title or represent that the person has the title Licensed Dietitian or use a facsimile of that title.

## HOW DO I KNOW MY DIETITIAN HOLDS A TEXAS LICENSE?

- Look for a license to be displayed in the dietitian's office.
- Check with your insurance carrier
- Search the Texas Department of State Health Services—Professional licensing website: [www.dshs.state.tx.us/dietitian](http://www.dshs.state.tx.us/dietitian)

## HOW DO I FIND A LICENSED DIETITIAN?

- Contact the Texas Dietetic Association at 972-755-2530 or [www.eatrighttexas.org](http://www.eatrighttexas.org)
- Contact your local hospital and ask to speak with a Licensed Dietitian.
- Use the web or phone book directories to look for dietitians with the LD (Licensed Dietitian) credentials.
- Visit the American Dietetic Association website at [www.eatright.org](http://www.eatright.org) and click on "Find a Nutrition Professional".

## HOW CAN I BENEFIT FROM WORKING WITH A LICENSED DIETITIAN?

- Improved quality of life through healthy eating habits, simplified meal planning and meal preparation
- Fewer doctor visits and decreased pharmaceutical costs
- Faster recovery from surgery
- Improved regulation of blood sugar and cholesterol
- Improved athletic performance
- To manage or decrease through nutrition, side effects associated with specific medical conditions
- Greater control of eating behaviors to increase or decrease weight