



Kelly Povroznik, MS, RD, LD

Kelly Povroznik, MS, RD, LD is a Registered Dietitian through the Academy of Nutrition and Dietetics. She is also a licensed dietitian in West Virginia. At the West Virginia University in Morgantown, she studied Human Nutrition and Foods,

obtaining both her bachelor's and master's degrees there, as well as completing a Dietetic internship. She is currently pursuing a doctoral degree in clinical nutrition (DCN).

In her many years in the food industry, Kelly has worked as: a clinical dietitian in North Carolina; a supervisor, director, and executive director for one of the top 100 largest school systems in North Carolina; a clinical dietitian at United Hospital Center; and an adjunct nutrition professor at Fairmont State University.

Kelly is a member of the American Society of Parenteral and Enteral Nutrition (ASPEN) where she has served on the national membership, self-assessment, and leadership committees. She serves as the St. Joseph's Ambassador for Malnutrition for ASPEN. She is an active member of the Academy of Nutrition and Dietetics (AND) where she is the current student representative for the Research Dietetics Practice Group (DPG). She is also a member of the AND DPGs for Integrative Functional Nutrition, Weight Management, and Diabetes. Along with her registration and licensure as a dietitian, Kelly also obtained a certificate of malnutrition screening in adults through the Abbott Nutrition Health Institute and a certificate of training in obesity in pediatrics and adults from the Commission of Dietetic Registration. She is currently working on her Functional Nutrition certification, as well as ServSafe Sanitation certification, through the National Restaurant Association. She was appointed by Governor Justice to serve on the West Virginia Board of Licensed Dietitians.

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WHAT CAN A WVU MEDICINE ST. JOSEPH'S HOSPITAL DIETITIAN DO FOR YOU?



Between what you hear on TV and read in the news, eating right can seem like a real challenge—but it doesn't have to be. "The role of

a registered dietitian is to serve and protect the community; enhance the well-being and health of patients/clients; and ensure correct information is being provided," says Kelly Povroznik, MS, RD, LD, Clinical Dietitian at WVU Medicine St. Joseph's Hospital.

Here are just a few of the benefits of working with a registered dietitian or registered dietitian nutritionist.

The Highest Level of Nutrition Counseling

Anyone can call themselves a nutritionist, but only a registered dietitian (RD) or registered dietitian nutritionist (RDN) has completed multiple layers of education and training established by the Accreditation Council for Education in Nutrition and Dietetics (ACEND). In addition to holding a bachelor's degree, an RD or RDN must: fulfill a specially designed, accredited nutrition curriculum; complete an extensive supervised program of practice at a healthcare facility, food service organization, or community agency; and pass a rigorous registration exam. What's more, roughly half of all RDs and RDNs hold graduate degrees, and many have certifications in specialized fields such as sports, pediatric, renal, oncology, or gerontological nutrition.

Personally Tailored Advice

When you see an RD or RDN, the last thing you'll get is one-size-fits-all diet advice. "Each person is different," says Povroznik. "It is the job of the RD to put on their 'investigator's hat'. An RD has to know the right questions to ask that will help give as much information as possible, to benefit the purpose of the counseling session." After learning about your health history, favorite foods, eating and exercise habits, an RD or RDN will help you set goals and prioritize. Follow-up visits will focus on maintenance and monitoring your progress.

Help Managing Chronic Diseases

If you have high cholesterol, high blood pressure, diabetes, or cancer, it can be hard to know what to eat. "A registered dietitian can help you understand your medical condition by reviewing foods to choose and foods to avoid; reading food labels; doing carbohydrate/meal counting exercise activities with you; and so much more," says Povroznik. "Then they will be able to create and review a meal plan with you that will help you manage your condition."

Guidance Navigating Food Allergies, Sensitivities, and Intolerances

When you suffer from conditions such as celiac disease, food allergies, or lactose intolerance, it's easy to be overwhelmed by what you think you can't eat. That can translate into a boring diet and may even lead to nutrient deficiencies. An RD or RDN can teach you how to read food labels so you'll know which ingredients to avoid and help you find substitutions to keep your diet both balanced and tasty.

A Weight Loss Program That Really Works

Fad diets may sound like the quick ticket to weight loss, but they rarely work for very long. A registered dietitian or registered dietitian nutritionist will partner with you to develop a safe, effective weight loss plan that you can stick with for the long haul. To guide and motivate you, an RD or RDN will use creative and out-of-the-box strategies to help with meal planning, grocery shopping, food journaling, and mindful eating.

For more information, or to set-up an appointment with our hospital dietitian, please contact:

Kelly Povroznik, MS, RD, LD
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Clinical Dietitian*

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Kelly is the Director of Food & Nutrition Services/Clinical Dietitian at WVU Medicine St. Joseph's Hospital. She also provides outpatient nutrition counseling to people with, but not limited to:

- Type 1 and Type 2 Diabetes
- Weight loss
- High cholesterol
- Hypertension,
- Heart disease
- GERD
- Hashimoto's Disease