**RDN In Your Town – Andover**

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1. **Describe your daily routine. What is a typical day like?**

*There is no typical day for me! Every day brings a new challenge. I see clients one-on-one throughout the day and also teach our 12-week wellness program. My days are filled with client appointments, charting, reviewing food diaries, and preparing for group class.*

1. **What drew you to nutrition as a career?**

*Since high school, I have always known I wanted to become a dietitian. I grew up in the restaurant industry. I was always around food, but it was mostly unhealthy foods. I wanted to help people and teach them how to eat healthy so I decided nutrition was the career path for me.*

1. **Do you have any particular areas of interest/expertise within the field of nutrition?**

*My specialty is weight loss and weight management. I love working with clients looking to lose weight, whether it’s 5 lbs. or 150 lbs. It is very rewarding.*

1. **How did you decide on your specific area of nutrition?**

 *I decided to work in the weight management field because it is so necessary in our country right now. The health of our nation is suffering. Our culture and environment is causing us to constantly eat unhealthy foods, be sedentary, and gain weight. Over 70% of our nation is overweight or obese. It is a growing problem so it only seemed appropriate for me to help stop this problem from getting worse.*

1. **Beyond the nutrition coursework, what kinds of skills do you feel make a great dietitian?**

*A good dietitian has to be a good listener. They also need to be adaptable and willing to learn. Nutrition is an ever changing world. One diet recommendation may be appropriate right now, but science may prove it wrong tomorrow. A good dietitian needs to be learning new things and willing to adapt to the changing field.*

1. **What do you love best about your current role?**

*What I love most about my current role is my client base. I have such a fun time helping and talking with my clients. They always bring a smile to my face and keep things interesting!*

1. **What are some of the most common challenges you face in your role as a RD?**

*The biggest challenge I face is inaccurate nutrition news. You can find anything on the internet and most of it is bogus. It’s a constant battle to set the record straight and teach people the truth about nutrition. Fad diets and crazy supplements are another big challenge. It is a challenge for me as a provider, but also for the client. They are marketed very well and promise the world if you try the diet or product. This makes it difficult to convince clients that overall healthy eating is the best way to go.*

1. **Is there any nutrition myth you would like to debunk?**

*One big nutrition myth I would like to debunk: eating less will help you lose weight. This is not always the case. It’s not just about calories. It’s about the types and quality of the foods you are eating. Over-restriction can be just as bad as overeating.*

1. **What advice would you give to someone considering a field in nutrition?**

*Be well-rounded. Nutrition is a diverse field. We see people from all walks of life with differents backgrounds, needs, and goals. The more experience you can get in hospitals, restaurants, health clubs, community programs, etc. the better provider you can be.*

1. **If you could offer one free piece of nutrition advice, what would it be?**

*Eat real foods. Avoid the processed, diet, low-fat, fat-free, gluten-free, carb-free, low calorie products. The less foods you eat with labels, the better.*

1. **What is your favorite health/nutrition media—book, magazine, movie, podcast, blog, social media (Facebook, Twitter, etc.)?**

*I am still a book person. I love to pick up a book or magazine and read. Social media is growing on me. I follow some really awesome people on Instagram. It is a great way to post photos of healthy recipes and videos of cooking.*

1. **What is your favorite recipe or dish to make?**

*My favorite recipe is an asian-inspired salmon. I make it almost every week at my house. You marinate salmon fillets in low-sodium soy sauce, honey, rice vinegar, chili paste, ginger, and green onions for at least 20 minutes. Then, bake the salmon at 400 degrees for about 15 minutes. I serve it with steamed broccoli and brown rice.*

1. **Many people have a misconception that dietitians don’t like certain foods like desserts, pizza, or rich, creamy foods. What is your favorite food indulgence?**

*Anything potato, especially potato chips and french fries. They are my weakness!*

1. **How do you stay healthy when life gets busy or stressful?**

*Exercise is my stress reliever. No matter how crazy my schedule is, I always find a way to get my workout in first thing in the morning, even if I have to get up at 4am. If I don’t exercise, I can go crazy. That one healthy action in the morning leads to more healthy choices later in the day, no matter how busy it is. Exercise keeps me energized and level-headed.*

1. **What’s one thing about dietitians that you would want the public to know?**

*We are not food nazi’s! We are about balance and moderation, not cutting out foods. Most of us dietitians are foodies...we love food just as much as everyone else.*

1. **Nutrition is an ever-evolving science. How do you stay current?**

*I read something nutrition-related every single day, whether it be a research article, nutrition magazine, blog, or health book. I try to keep up with what all of my clients could be seeing (some new crazy fad diet or heal all supplement) and also any nutrition and health research.*