

# Academy of Nutrition and Dietetics National Consumer Survey Results

**1 Have you ever worked with a registered dietitian (Registered Dietitian Nutritionist (RDN) or a Nutrition and Dietetics Technician, Registered (NDTR))?**

- 14% said yes.
- 42% said no - but I've thought about it.
- 44% said no - and I'm not interested.

**2 Which best describes why you have not discussed diet or nutrition with a registered dietitian?**

- 33% said the cost is too high.
- 32% said I don't feel like I need it.
- 15% said I don't know how to find a dietitian.
- 15% said I wasn't familiar with what a dietitian does.
- 14% said I don't want to be told what I should or shouldn't eat.
- 13% said I don't have health insurance, or my insurance doesn't cover this type of visit.
- 12% said I prefer not to speak with anyone about diet and nutrition.
- 12% said I don't have time.
- 11% said I don't want someone to judge my food.
- 7% said I prefer to speak with someone else.
- 5% said other.

**3 Do you believe there's a difference between a dietitian and a nutritionist?**

- 73% said yes – there is a difference.
- 27% said no – they're the same.

**4 Which of the following best describes what a dietitian does?**

- 56% said develops personalized meal plans based on an individual's health goals and medical needs.
- 39% said works as part of a healthcare team with doctors, nurses, and other providers to support patient care.
- 36% said educates communities and organizations on healthy eating habits and nutrition policy.
- 32% said provides nutrition therapy for people with chronic diseases such as diabetes or heart disease.
- 23% said helps clients lose weight quickly through detox programs.
- 14% said focuses primarily on selling dietary supplements (vitamins, protein powders, etc.) to clients.
- 14% said diagnoses medical conditions and prescribes medications, like GLP-1s.
- 11% said I'm not sure.

**5 Which of the following best describe(s) how you usually feel about food?**

- 54% said food is one of life's greatest pleasures.
- 39% said food is a way I show love or connect with others.
- 28% said food is what I turn to for emotional support or stress management.
- 22% said food reminds me of where I'm from.
- 12% said food makes me feel stressed or guilty.
- 20% said I don't have strong feelings about food.

**6 Which of the following sources do you rely on most often for information regarding diet, nutrition or healthy eating?**

- 56% said my own research (e.g., online articles and magazines).
- 41 % said my primary care provider or another healthcare provider.
- 36% said friends and family.
- 25% said social media (e.g., Instagram, TikTok, YouTube).
- 19% said Health documentaries, podcasts, and shows (e.g., Netflix).
- 16% said AI chat bots (e.g., ChatGPT, Gemini, Copilot).
- 12% said a registered dietitian.
- 5% said other.

**7 Have you ever acted on diet, nutrition, or healthy eating advice from social media influencers?**

- 14% said yes, regularly.
- 31% said yes, once or a few times.
- 54% said no, never.

**8 Have you ever used ChatGPT or another AI tool to create a nutrition or weigh-loss plan?**

- 11% said yes – I followed the plan closely.
- 22% said yes – but I only used it for ideas.
- 25% said no – but I've thought about trying it.
- 43% said no – I wouldn't trust AI for nutrition advice.

**9 How important do you think nutrition is in managing chronic conditions such as heart disease, diabetes, cancer, and obesity?**

- 43% said extremely important.
- 38% said very important.
- 14% said somewhat important.
- 2% said not very important.
- 3% said not at all important.

## About the Survey

The Academy of Nutrition and Dietetics Survey was conducted by Wakefield Research among 1,000 nationally representative U.S. adults ages 18+, between November 17<sup>th</sup> and November 24<sup>th</sup>, 2025, using an email invitation and an online survey. The data has been weighted.

Results of any sample are subject to sampling variation. The magnitude of the variation is measurable and is affected by the number of interviews and the level of the percentages expressing the results. For the interviews conducted in this particular study, the chances are 95 in 100 that a survey result does not vary, plus or minus, by more than 3.1 percentage points from the result that would be obtained if interviews had been conducted with all persons in the universe represented by the sample.