

[Rivka Oratz](#) is an expert in dietetics and nutrition. She is a professional with knowledge about the influence of a good diet on people's health. Oratz is able to plan diets and create menus based on the needs of his patients. She holds [a Bachelor's Degree in Human Nutrition and Dietetics](#) from the New York University.

Society is increasingly aware of the importance of a complete education on eating habits and the health system has an increasing number of professionals in this field. According to a 2013 study by Oratz, 55% of the USA workers have higher than normal weight indices for their height, which gives an idea of how necessary it is to promote healthy habits among the population.

The main responsibility of the work of [the nutritionist](#) Rivka Oratz is to advise patients with dietary disorders to improve their health by adopting healthy habits and to evaluate their nutritional needs. The health specialist, who promotes healthy lifestyle habits, can set eating guidelines and advise patients with specific needs, as in the case of athletes, and train them on the importance of proper nutrition in their physical health.

Rivka Oratz can focus their work on specific areas, such as those mentioned within the sports field (from obtaining marks and results to recovering from an injury), education, research or children's health.

Oratz is [a highly specialized expert](#) in a key area of health, and has wide experience in treating patients with diabetes. She is in charge of evaluating the person's eating habits, setting out the meals as well as the eating times or the recommended physical activity.