

Dietitians promote health through food and nutrition



Why should I consult a dietitian?

Dietitians translate scientific research into practical solutions. They work with you to help you feel your best. Dietitians can provide:

- Tips and healthy recipes to help you plan, shop for and cook healthy meals for your family
- Information to help you interpret food labels, the latest food trends and diets
- Support to improve your relationship with food
- Customized meal plans to help you:
 - manage your weight, food allergies and intolerances or digestive issues
 - get the most from your workouts
 - prevent and manage chronic diseases like diabetes, heart disease, high blood pressure, cancer and kidney disease
- Individualized counselling on how to feed your baby, a “picky” eater, or an active teenager
- Advice on whether you need a vitamin or mineral supplement based on your health needs.

What's the difference between a dietitian and a nutritionist?

Dietitians have a university degree and at least 1250 hours of supervised, hands-on training. Many have additional degrees or certificates. They must pass a registration exam to become a regulated professional.*

The title ‘dietitian’ is protected by law, just like doctor, nurse or pharmacist. ‘Nutritionist’ is not a protected title – that means anyone can use it.**

Look for the letters RD (registered dietitian) or PDt (professional dietitian) after your health care professional’s name. Not sure? Ask about their education and if they are a provincially regulated health professional.

**except in Quebec*

***except in Alberta, Quebec and Nova Scotia*

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Dietitians provide you with practical information and tools to make it easier to eat well



The Dietitians of Canada's website provides practical healthy eating advice, recipes, tips and more. Visit www.dietitians.ca/yourhealth



Use online screening tools to get feedback on the eating habits of your preschooler or toddler. There is also a tool for older adults. Visit www.nutritionscreen.ca

Nutri-eSCREEN



Track your food intake and activity choices using eaTracker and compare to national recommendations. If you like, your dietitian can provide you with personalized feedback. Smart phone version coming later in 2014. Visit www.eatracker.ca



Be inspired to cook any time, day or night with the free Cookspiration app. Recipe ideas are served up to suit your mood and schedule. Available for your iPhone/iPad or Android device. Visit www.cookspiration.com



Download the free iPhone/iPad eaTipster app. Dietitians serve up a trusted healthy eating tip every day. These fun and practical tips can be saved, shared with friends and timed to arrive when you want. Visit www.eatipster.com



To find a dietitian

Many dietitians work in health care including medical clinics, family health networks, community health centres, home care, hospitals, primary health and public health.

Visit www.dietitians.ca/find to locate a private practice dietitian near you. Check your private health insurance plan to see if it covers the cost of a visit to a dietitian.

Some provinces offer dietitian call centres which are free to the public. Details at www.dietitians.ca/callcentre

