

# Dietitians...

## The smart choice for advice on healthy eating

- Dietitians are ONE OF A KIND; they have the distinct ability to translate the complex science of nutrition into practical solutions for you on healthy eating and disease prevention and treatment
- Dietitians are UNIQUELY TRAINED to advise you on food, healthy eating and nutrition. They have a degree in food and nutrition, from an accredited university
- Dietitians must be MEMBERS OF A PROVINCIAL REGULATORY BODY in order to practice. This ensures the public that they are receiving nutrition advice from a qualified professional
- Dietitians WORK WHERE YOU LIVE, WORK AND PLAY – in health departments, hospitals, health and wellness centres, food companies and universities, to name just a few
- For good reason, when it comes to food and nutrition advice, Canadians TRUST dietitians most.

**To find a dietitian in your area, visit [www.dietitians.ca/find](http://www.dietitians.ca/find)**





## Check out some of the many ways a dietitian can help you make the smart choice

- Learn how to shop wisely and prepare tasty meals for your family
- Learn how to manage your diabetes, heart disease or high blood pressure with healthy food choices
- Get support to manage your weight with a plan that's tailored for your budget and your favorite foods
- Access the most current evidence-based advice on how to feed your new baby, a “picky” eater or a busy teenager
- Learn how to manage food allergies
- Get a customized eating plan to help you get the most from your workout or improve your performance in sports
- Decide if you need to take vitamin or mineral supplements based on a careful diet assessment
- Choose healthy foods to fit your unique eating plan, from vegetarian to gluten free and beyond
- Get advice on how to read food labels and compare products to make the healthiest choice
- Get the facts straight on popular food and nutrition myths.

### To make the smart choice for food and nutrition advice – look no further than a dietitian

- To find a dietitian in your area, visit **[www.dietitians.ca/find](http://www.dietitians.ca/find)** Check your health care plan to see if it covers the cost of a visit to a dietitian
- Visit **[www.dietitians.ca/yourhealth](http://www.dietitians.ca/yourhealth)** for science-based practical information that you can trust
- Visit **[www.dietitians.ca](http://www.dietitians.ca)** to hear dietitians tell their stories and learn about what dietitians do.

**This factsheet is distributed compliments of:**



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