

How To Find A Dietitian

- ✓ Visit *Find a Nutrition Professional* on the Dietitians of Canada web site at www.dietitians.ca to search for a dietitian in your area.
- ✓ Ask your doctor for a referral to a dietitian.
- ✓ Call your local public health department, hospital or community health centre.
- ✓ Call the Dietitians of Canada Consulting Dietitians Network toll free at 1-888-901-7776.
- ✓ Look in the Yellow Pages under "Dietitians".



Dietitians of Canada

Dietitians of Canada is a professional association, representing over 5000 Dietitians nationally and provincially. Members of the Dietitians of Canada follow a Code of Ethics and are committed to providing safe and reliable advice. Dietitians are involved at the local, regional/provincial, national and international levels.

Visit their award winning website at www.dietitians.ca for interactive tools, tips and factsheets to help you eat well and live well.

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Distributed by:

Registered Dietitians

Your professionals for food, diet and nutrition information



Dietitians of Canada
Les diététistes du Canada

How can Registered Dietitians help you?

Are you interested in eating healthier? Do you have nutrition questions about a family member? If so, Registered Dietitians are the professionals for food, diet and nutrition information.

- ✓ what foods to eat to lower your risk of certain diseases
- ✓ tips for eating on the run
- ✓ the best way to achieve and maintain a healthy weight
- ✓ special eating plans for medical conditions
- ✓ what to eat when you are pregnant or planning to have a baby
- ✓ how to feed picky eaters
- ✓ when to take vitamin and mineral supplements
- ✓ how to modify your diet after surgery
- ✓ whether or not you are getting enough of required/important nutrients
- ✓ how to read food and nutrition labels
- ✓ what foods to eat to improve your athletic performance
- ✓ how to be a healthy vegetarian
- ✓ what to believe in the media or on the Internet
- ✓ and more!

What is the difference between a Registered Dietitian and a Nutritionist?

The titles “Registered Dietitian”, “Professional Dietitian” and “Dietitian” are all protected by law. These titles can only be used by those who have met national standards.

The letters RD, P.Dt., Dt.P. and R.Dt. are the legal designations for qualified Registered Dietitians in Canada.

Law does not protect the term “Nutritionist” in all provinces, so people with different levels of training and knowledge can call themselves a “Nutritionist”. Some qualified Dietitians may call themselves a “Nutritionist”, “Registered Nutritionist”, “Registered Dietitian/Nutritionist” or “Nutrition Consultant”. Look for their designations to be sure that you are talking to an expert!

Registered Dietitians are your trusted experts

Dietitians are uniquely trained to advise you on food, diet and nutrition. All Dietitians have a Bachelor’s degree specializing in foods and nutrition, and have completed an accredited internship or a graduate degree. In every province, practicing Dietitians are regulated, so you can be sure that you are getting safe and ethical advice.

Where do Registered Dietitians work?

In hospitals, community health centres, health care facilities and home care: Clinical Dietitians counsel patients and develop special eating plans.

In the community: Public Health and Community Health Dietitians or Nutritionists offer nutrition programs and healthy eating resources.

In foodservice: Dietitians manage food preparation and distribution.

In private practice: Dietitians consult to individuals, groups, workplaces, institutions and the media.

In industry and businesses: Dietitians participate in product development, marketing and consumer education.

In government, education and research: Dietitians develop food and nutrition policies, teach others, and make new discoveries about nutrition and health.