

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 physician, 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*

