

Healthy Measures: Need a Dietitian?

Are you looking for reliable nutrition advice? Look no further than *the* nutrition expert – a registered dietitian. Today is National Dietitians' Day.

Dietitians are uniquely trained to advise you on food, healthy eating and nutrition. Dietitians are members of the [College of Dietitians of Ontario](#) which regulates the profession to ensure that the public receives high quality dietetic service. The law protects the term 'dietitian', so look for the professional designation 'RD' to ensure you are speaking to a registered dietitian.

Here are some of the ways dietitians can support you on the road to healthy eating:

- 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 to your budget and your favourite foods
- Access the most current advice on how to feed your new baby or a picky eater
- 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 on popular food and nutrition myths

Some workplaces offer the services of registered dietitians through their employee assistance program. Alternatively, if you have medical insurance coverage at work, you may already have coverage for this service. Find out if your benefits plan covers the services of a registered dietitian. If not, consider requesting it by accessing this [Human Resources Request Form](#).

Dietitian services can be accessed in some hospital out patient services, community clinics, Community Care Access Centres and through private practices. To find a private practice dietitian in your area, visit www.dietitians.ca/find. You can also speak to a dietitian over the telephone by calling *EatRight* Ontario at 1-877-510-5102.

For more information:

[Dietitians of Canada](#)

If you have questions on nutrition and healthy eating, contact *EatRight Ontario* at 1-877-510-5102 to speak to a registered dietitian.

Healthy Measures: Eat Well, Be Active and Be Yourself!