

Healthy Measures: Celebrating National Dietitians Day

Are you a health conscious Canadian who seeks sound and credible nutrition advice?

Registered Dietitians are your best source for food and nutrition advice. They are healthcare professionals, trained in food, nutrition and healthy living. Registered Dietitians belong to the [College of Dietitians of Ontario](#), which ensures the public receives high quality nutrition and dietetic service.

March 16, 2011 marks the second annual *National Dietitians Day* in Canada. This special day highlights the profession and reminds the public that Registered Dietitians are the best people to go to for nutrition advice. Registered Dietitians can support you with healthy eating by giving you information and advice on how to:

- Be a savvy consumer and prepare delicious meals for your family
- Manage your diabetes, heart disease or high blood pressure with healthy food choices
- Manage your body weight with a plan that is tailored to your budget and your favourite foods
- Access the most current advice on how to feed your new baby or a “picky” eater
- Manage food allergies
- Choose healthy foods to fit your unique eating plan, from vegetarian to gluten free and beyond
- Read food labels and compare products to make the healthiest choice
- Get the facts on popular food and nutrition myths
- Enhance the food choices available in child care centres, schools and workplaces

Registered Dietitians work in a variety of settings including: hospitals, community clinics, Community Care Access Centres, private practice, academia, research, public health and the food industry.

To find a private practice Dietitian in your area, visit www.dietitians.ca/find. You can also speak to a Registered Dietitian over the phone by calling *EatRight* Ontario at 1-877-510-5102.

To ensure you are looking for and speaking to the right professionals, look for “RD”, “PDt” or “RDt” next to the professionals’ name. They are all protected and professional designations of Registered Dietitians.

For more information, visit: [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!