



# Unlock the Potential of Food

📍 Find a Dietitian

#NutritionMonth  
#FindADietitian  
#DietitiansAreKey  
NUTRITION  
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## What is a Dietitian?

Dietitians are regulated health professionals who use their expertise in food and nutrition to enhance the lives and improve the health of Canadians.

Dietitians use the science of nutrition to help people understand the connection between food and health, and provide personalized guidance to meet their needs and goals.

Dietitians are trained to use the most up-to-date science and translate it into practical guidance that you can use to make nutritious food choices that are right for you.

*"Dietitians play such an important role in helping clients find practical solutions that are manageable and tailored to their specific goals and preferences"*

*- Jenna Chiandet, Dietitian, Mattawa*

*"I guide, support and motivate my patients to stay focused on the changes they can make."*

*-Laila Hussain, Dietitian, Abbotsford*

Meet real-world dietitians and learn more about their personal approach to nutrition by reading our Dietitian Q & A Interviews at [www.NutritionMonth2023.ca](http://www.NutritionMonth2023.ca).

## Why would I need to see a dietitian?

Dietitians can support you throughout many phases of your life from pregnancy to eating well when you are older as well as treating and preventing various health conditions. Research has even shown that counselling sessions with a dietitian can help you manage high blood pressure (hypertension), high cholesterol (dyslipidemia), prediabetes and diabetes to a greater degree than if you didn't receive support from a dietitian.

Dietitians work in a variety of settings. Some dietitians work as part of a team of other health care professionals like doctors, nurses, physiotherapists and speech pathologists. Dietitians may also work alone in a clinic or private practice to provide nutrition counselling.

## Reasons to contact a dietitian

These are just some of the topics a dietitian can help you with:

- Diabetes
- Heart health
- Cancer
- Food Allergies
- Digestive concerns
- Concerns about weight
- Infant feeding and child nutrition
- Picky eating
- Malnutrition and weight gain
- Pregnancy and breastfeeding
- Exercise and sports nutrition
- Vegetarian and vegan diets
- Meal planning, label reading and food skills

A dietitian will work with you to give you advice and information that is right for you by considering your culture and food traditions. They will also think about your personal needs and challenges, including taste, food skills, budget and health conditions.

Until you can connect with a dietitian, UnlockFood.ca has easy to read, science based information on these topics and more to help you get started.

## How do I find a dietitian near me?

It's easy to find a dietitian near you, visit Find a Dietitian at [www.dietitians.ca/find](http://www.dietitians.ca/find). You can search by postal code, city, and/or health condition. Some dietitian services are also covered by your provincial health insurance. Find out what qualifies for provincial coverage.

Many dietitians offer services virtually and most employee benefit plans cover dietitian services. Check your plan today. Dietitians not covered under your employee plan? Share this Fact Sheet with your employer to add dietitian services to your plan.

Visit [www.NutritionMonth2023.ca](http://www.NutritionMonth2023.ca) for more on how to connect with a dietitian and for trusted food and nutrition information.