

Connecting With Your Community Health Partners: Registered Dietitians

How can Registered Dietitians help you?

Do you have nutrition questions about the children in your care? Are you interested in having them eat healthier? If so, Registered Dietitians are your professionals for food, diet and nutrition information.

Registered Dietitians can give you the best advice on food and nutrition such as:

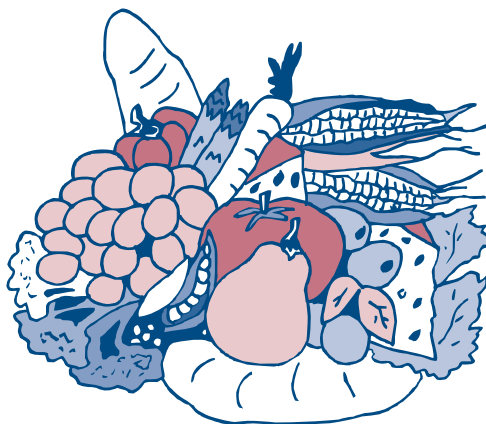
- how to feed picky eaters
- tips for eating on the run with children
- the best way to achieve and maintain a healthy weight starting in the early years
- special eating plans for medical conditions
- what to eat when you are pregnant or planning to have a baby
- what foods children can eat to lower the risk of certain diseases
- how to cope with food allergies
- when to give children vitamin and mineral supplements
- how to modify a child's diet after surgery
- whether or not the child in your care is getting enough of required/important nutrients
- how to read food and nutrition labels
- what foods to serve young athletes
- how children can be healthy vegetarians
- what to believe in the media or on the Internet

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, RDN, 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 food service: 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.

How to find a Dietitian

- Visit *Find a Nutrition Professional* on the Dietitians of Canada website 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*.

The Centre of Excellence for Early Childhood Development (CEECD) has published a number of reviews of research by leading international experts on eating behaviours in young children, and nutrition and pregnancy. These reviews are available on the CEECD website (www.excellence-earlychildhood.ca). The CEECD is committed to improving our knowledge of the social and emotional development of young children.

