

Connect to Registered Dietitians

Enjoy a lifetime of good health by making nutritious choices where you live, work and play

Looking for clear, practical, nutrition information you can trust?

Dietitians have the answers you are looking for.



Find answers to your healthy eating questions at **EatRight Ontario for Free!**



Call **1-877-510-510-2 toll free** from anywhere in Ontario Monday to Friday 9 am to 5 pm ET, until 9 pm Tuesday and Thursday
E-mail your question to a dietitian or
Visit the EatRight Ontario web site at **www.ontario.ca/eatright**

Telephone Service is available in English, French and over 100 other languages.

Get answers to healthy eating questions such as...

- feeding my baby
- eating on the run
- how to feed picky eaters
- lowering the risks of certain diseases
- supplements and sports
- nutrient content of foods
- menu planning and food safety ... and more!

www.dietitians.ca/yourhealth

Find a Registered Dietitian and more online at www.dietitians.ca

ASSESS YOURSELF

Assess your current lifestyle and eating habits. Find out if you are on track or if some changes are needed.

EATracker™ – Receive personalized feedback on your daily food and activity choices

PLAN, SHOP, COOK

From tips on meal planning to delicious new recipes to try, if you like to eat well we've got ideas for you!

Recipe Analyzer – Find out the nutrients and Food Guide servings in your favourite recipe

NUTRITION A-Z

Find the facts on healthy eating and helpful web resources from Active Living to Zinc.

NUTRITION MONTH

March is Nutrition Month, brought to you by dietitians across Canada.

NUTRITION TIP OF THE DAY, FEATURED RECIPE AND FIND A DIETITIAN

Whether you need to follow a special diet, achieve a healthy weight or want to improve your eating habits, a Registered Dietitian will help you translate nutrition science into practical strategies that suit your lifestyle.



Visit us online at www.dietitians.ca/yourhealth
Join the thousands of Canadians who use our site regularly.





College of
Dietitians
of Ontario

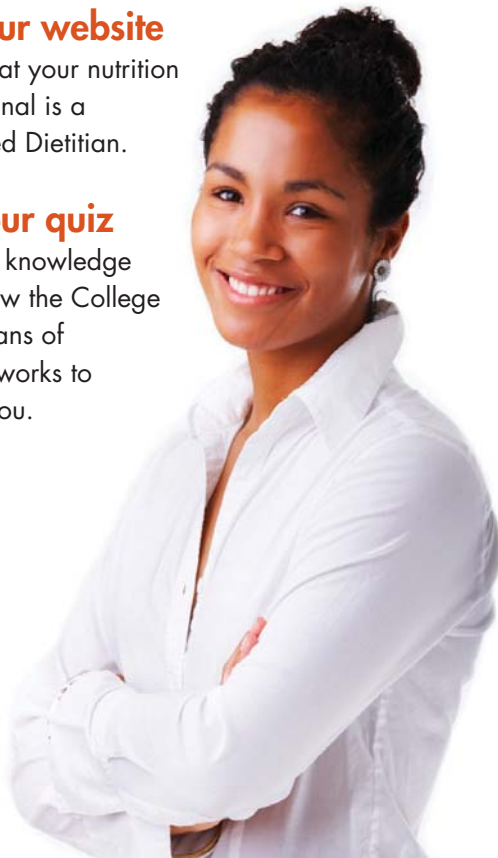
Choose a Registered Dietitian

Visit our website

Check that your nutrition professional is a Registered Dietitian.

Take our quiz

Test your knowledge about how the College of Dietitians of Ontario works to protect you.



We regulate Registered Dietitians for the benefit of people in Ontario.

Why choose a Registered Dietitian?

The College of Dietitians of Ontario makes sure that Registered Dietitians (RD) are qualified to Practice in Ontario.

- All Registered Dietitians in Ontario have a university degree in sciences and nutrition, and a program of practical education.
- Dietitians must participate in the College's mandatory quality assurance program to keep their skills and knowledge up to date.
- The College supports dietitians to deliver ethical and client-focussed services.

Registered Dietitians help you, your family and your community eat well for health.

- RDs use nutrition to treat and manage diseases such as diabetes and heart disease.
- RDs manage food production systems in places like hospitals.
- RDs help communities to prevent disease and promote optimal health by addressing why people do not eat healthy.
- RDs produce information about nutrition that is backed by science.
- RDs develop and market healthy foods and products.

The "Dietitian" title is protected by law and gives you protection.

In Ontario, only members of the College of Dietitians of Ontario can call themselves dietitians and use RD after their name. The RD means a highly trained person to give you safe, ethical and science-backed nutrition services for healthy eating. RDs are the only *regulated* nutrition professionals.

Services from the College of Dietitians of Ontario.

- Consult the Register of Dietitians at www.mydietitian.ca > Find a dietitian to verify that your dietitian is qualified to practice as an RD in Ontario.
- The College will answer questions about concerns and investigate complaints about services you have received from a dietitian.
- See the College website for more information about how dietitians are regulated and how the College protects people in Ontario.

The College of Dietitians of Ontario regulates and supports Registered Dietitians to be safe, ethical and competent in all areas of dietetic practice.