



College of Dietitians of Ontario

LEARNING DIARY

Date/Time	Learning activity (Brief Description)	Learning resources used (list & append when applicable)	Concepts and what are the implications for future practice as a dietitian learned from reflection of activity	Other learning outcome e.g. teaching tool developed (append if possible). Identified follow-up learning needs
<u>Example</u> May 7 & 8, 2010	<u>Example:</u> Reviewed & discussed Dietary Reference Intake with dietitian. Analyze hospital's master menu re. compliance with new recommendation on Ca.	<u>Example:</u> <ul style="list-style-type: none">• 2 articles (references in appendix 1)• Master menu• Jane Smith (supervisory dietitian)	<u>Example:</u> Instead of having only one kind of nutrient recommendation, the new system includes four different categories of reference values. This has an impact on menu planning, patient education and food labeling. See summary of learning (appendix 2).	<u>Example:</u> Revised master menu to ensure compliance with new recommendation for calcium intake. (Appendix 3). To identify impact on nutrition counseling for post menopausal female.

*There is no limit on the number of pages or paper size of the diary provided that the above headings are included



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