



Online sources give you reliable nutrition information

Registered Dietitians are a trusted source for nutrition information. They are skilled in translating food science into practical eating plans to help you and your family enjoy a healthy lifestyle. They also help people manage nutrition-related diseases and health conditions including, diabetes, heart disease, pregnancy, elevated blood pressure and cholesterol levels, digestive issues and food allergies. Registered Dietitians support people of all ages achieve nutrition goals such as increased energy, weight loss and overall well-being.



Registered Dietitians are regulated health professionals who must be members of the College of Dietitians of Ontario to practice in Ontario. “To be a member of the College means that a dietitian has met rigorous standards of education. They are accountable to the College for ongoing competence and offering quality nutrition services throughout their career,” says Mary Lou Gignac, Registrar & ED of the College.

You can access the services of a Registered Dietitian by consulting your physician or other primary care provider, by searching online for a “Registered Dietitian” in your area or by going to www.dietitians.ca and clicking on [Find a Dietitian](#).

Although dietitian services are not covered by OHIP, there are many government funded services through Family Health Teams, Community Health Centres, Diabetes Education Programs, Hospitals and Long-Term Care Residences. Many insurance companies also offer benefits for nutrition services by Registered Dietitians.

Free and reliable nutrition information is available through Eat Right Ontario, “Ask a Dietitian”. This service provides a direct link to Registered Dietitians to answer your questions. Call 1-877-510-5102 or browse the website at www.eatrightontario.ca



The Register of Dietitians at www.collegeofdietitians.org will tell you whether a person is allowed to practice as a dietitian in Ontario. The Register is current and contains business contact information, restrictions on a Registered Dietitian’s practice if there are any, and gives important information about any discipline history.