

A Registered Dietitian can provide you and your family nutrition care with*:



- Healthy eating strategies
- Health promotion/disease prevention
- Management of chronic conditions, such as diabetes, heart disease, high blood pressure, osteoporosis, and liver/kidney disease
- GI Disorders, such as irritable bowel syndrome, Crohn's disease, celiac disease and ulcerative colitis
- Malnutrition
- Food allergies and intolerances
- Nutrient deficiencies/imbbalances
- Cancer
- Swallowing difficulties

* Not an exhaustive list

Dietitians are registered professionals who work with individuals and groups to deliver patient-centered nutrition care. The goal is to improve health outcomes by addressing nutritional needs and eating habits.

Dietitians provide nutrition counselling and education to support the management of chronic disease and other health conditions. Dietitians' services include: help with navigating health care services, nutrition assessments and care plans, collaborative goal setting, and individual or group counselling.

For more information, and to find out if you are eligible for a referral to a Registered Dietitian at no cost to patients, please speak to your family doctor or any of our clinic staff.