



Happy Dietitians Day!



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March 16th is Dietitians Day! Every year during Nutrition Month, this day celebrates registered dietitians and their expertise in food and nutrition to support the health of all Canadians. This year, Nutrition Month focuses on how we can change our food systems to improve health in an inclusive and sustainable way, and dietitians have a key role to play!

What is a dietitian?

A dietitian is a trained health professional in nutrition and dietetics. They translate the science of nutrition and food and apply it to many different areas, including clinical nutrition, community nutrition, foodservice, and even business. No matter the setting, dietitians use credible and science-based knowledge to deliver reliable and tailored nutrition advice¹.

Did You Know?

At Sysco Canada, we have 8 registered dietitians in roles like Nutrition Service Consultants, Account Executives, Managers & Vice Presidents of Healthcare & Senior Living!

Where do dietitians work?

Dietitians are trained in science, clinical nutrition, management, public health, communication and much more! So it is not surprising that you can find dietitians in many different settings! Here are just a few places you may encounter a dietitian¹:

Healthcare settings, like hospitals or long-term care homes – assessing and planning nutrition care for patients for a variety of acute and chronic health conditions or in management roles within food service departments

Doctor's office or private practice – providing nutrition counselling for

clients across the life cycle (from pregnancy to management of chronic health conditions) based on individual health needs, preferences, culture, food traditions and much more.

Food industry settings, like manufacturers and distributors – advising the development, regulation and marketing of new food products, developing health & wellness programs, nutrition communications and informing best business practices on all things food and nutrition.

Government & public health – providing expertise on nutrition policies, interventions and programs at the municipal, provincial or federal level

Education & research – teaching in various levels of higher education or conducting research on nutrition, health and wellness related topics

Tech, Entrepreneurship & Public Figures - whether its finding tech solutions for health, starting their own company to fill a market need or building an audience on social media to disseminate credible nutrition information, the ways in which dietitians bring their expertise to Canadians is truly limitless!

Many more - dietitians have transferable skills and vast knowledge on many areas of health that allow them to explore professions in industries beyond food & nutrition.





How to become a dietitian?

Dietitians are regulated health professionals – every dietitian is registered with the dietetic regulatory body within the province or territory they practice in. In order to be registered with a regulatory body, dietitians are required to undergo comprehensive training, including²:

- Undergraduate degree of science from a university that has been accredited by Dietitians of Canada
- Post-degree practical training, including a practicum program or an integrated Master's or Diploma practicum program accredited by Dietitians of Canada
- Passing the national Canadian

Dietetic Registration Examination (CDRE).

Once all the above requirements are met, each dietitian has the right to use the protected title of Registered Dietitian (RD), Registered Dietitian – Nutritionist (RDN), Professional Dietitian (P.Dt), or diététiste professionnel(le) (Dt.P) depending on the province/territory they practice in².

References

1. Dietitians of Canada. (2021). *Learn about Dietitians*. Retrieved from <https://www.dietitians.ca/About/Learn-About-Dietitians#>
2. Dietitians of Canada. (2021). *How to Become a Dietitian*. Retrieved from <https://www.dietitians.ca/Become-a-Dietitian/Education-and-Training>