



Happy Dietitians Day!



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March 17th is Dietitians Day! Each year during Nutrition Month, this day marks the celebration of registered dietitians and their expertise in food and nutrition to support Canadians reach their health goals. This year, dietitians want to you know that there is no one-size-fits-all approach to healthy eating, and that it looks different for everyone.

Dietitians across Canada will help you find *your* healthy, guiding your nutrition goals in a way that is '*Good for You!*'

What is a dietitian?

A dietitian is a trained professional in nutrition and dietetics. They translate the science of nutrition and food to provide tangible and personalized nutrition advice based on individual health needs, preferences, culture, food traditions and much more. Dietitians look beyond fad diets and turn to credible science-based evidence to deliver reliable and tailored nutrition advice¹.

Where do dietitians work?

You may find dietitian's working in a variety of work settings, as their scope of practice can range far and wide! Here are some places you may find a dietitian working^{1,:.}

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 or consultant roles within the food service departments

Doctor's office or private practice- providing individual nutrition counselling for nutritional needs throughout the lifecycle like pregnancy, infant nutrition or management of health conditions (and much more!)

Food manufacturer - advising the development, regulation and marketing of new food products

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

Government – Providing expertise on nutrition policies in government

Public health –

Delivering nutrition education or programs on food skills & cooking within the community

Within the food industry & at Sysco –Working within a variety of companies within the food industry, to develop health & wellness programs, nutrition communications and inform on regulation to name a few. At Sysco Canada, we have 8 registered dietitians in roles like Nutrition Service Consultants, Account Executives & Managers & Vice Presidents of Healthcare & Senior Living!

Many more = dietitians have transferable skills that allow them to explore professions in industries beyond food & nutrition.





How to become a dietitian?

Dietitians are regulated health professionals – meaning that every dietitian is registered with the dietitian 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 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.

How dietitians help you find your healthy?

Learn how dietitians can help you find your healthy in our recent article titled, *Find Your Healthy* under our Nutrition Resources tab! Did also you know dietitian services are included in many health insurance plans?

Check yours today to take the first step towards finding *your healthy*.

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>