



# Unlock the Potential of Food

📍 Find a Dietitian

#NutritionMonth  
#FindADietitian  
#DietitiansAreKey  
NUTRITION  
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## Top 5 Reasons to See a Dietitian

Dietitians use the science of nutrition to help people understand the connection between food and health. When you meet with a dietitian, they will consider your medical history, culture, lifestyle, personal preferences and goals to provide personalized guidance.

They can support you throughout many phases of your life from pregnancy to eating well when you are older. Counselling sessions with a dietitian can also help you to prevent and treat health conditions like diabetes and heart disease.

### There are many reasons to visit a dietitian

1. You want to prevent or manage a health condition like [diabetes](#), [high cholesterol](#) or high [blood pressure](#). Changes to your diet and eating habits can prevent or improve certain health conditions. A dietitian can work with you to develop the skills to read food labels, plan meals and identify foods that improve your health and help you meet your goals.
2. You have a [digestive issue](#) like irritable bowel syndrome, acid reflux, celiac disease, Crohn's disease or Colitis. A dietitian can help you figure out which foods and beverages give you symptoms like bloating, cramping, burping, heartburn or diarrhea so that you can reduce or avoid them. At the same time, they will make sure that you get the nutrients that you need from your diet and that you include foods that you enjoy.
3. You have a food allergy or intolerance. It can be hard to know what to eat when you have a [food allergy or intolerance](#). A dietitian can help you work out what foods you can safely eat and what foods you need to avoid. They will help you find substitutions to keep your diet nutritious and above all enjoyable.
4. You would like accurate, practical advice to improve the way you eat and feel. Nutrition can be confusing, especially with the amount of nutrition advice and information that surrounds all of us. Dietitians have the skills and expertise to help you look beyond the fads and gimmicks and provide you with trusted nutrition and food information. A dietitian can look at your diet to help you set goals to improve it. They can give you skills to [read nutrition labels](#), help you [create meal plans](#), give you [grocery shopping suggestions](#) and more.
5. You want help feeding a [picky eater](#). Getting your child to try a new food or eat different foods can be frustrating. It can make mealtimes stressful for you, your child and the rest

of the family. A dietitian can work with you to make mealtimes more pleasurable by giving you ideas and strategies to get your child more interested in trying new foods.

There are so many more reasons to visit a dietitian. Are you interested in [eating more sustainably](#) or more [plant-based foods](#)? Looking for ways to save money on your food costs? Wondering how what you eat influences your sleep? Dietitians have the skills and expertise to help you make informed food and nutrition choices. Find a dietitian today!

### **Get started! Find a dietitian near you**

It's easy to find a dietitian near you, visit [www.dietitians.ca/find](http://www.dietitians.ca/find). You can search by postal code, city, and/or health condition. Some dietitian services are also covered by your provincial health insurance. Find out what qualifies for provincial coverage at [www.unlockfood.ca](http://www.unlockfood.ca).

Many dietitians offer services virtually and many employee benefit plans cover dietitian services. Check your plan today. Dietitians not covered under your employee plan? Share the factsheet found at [www.NutritionMonth2023.ca](http://www.NutritionMonth2023.ca) with your employer to add dietitian services to your plan.

### **Bottom line**

Whether you are looking to improve your relationship with food, manage a health condition or to enhance athletic performance, dietitians can help. No fads. No gimmicks. Just up-to-date science and a commitment to helping you understand the connection between food and your physical, mental and emotional health.

Visit [www.NutritionMonth2023.ca](http://www.NutritionMonth2023.ca) for more on how to connect with a dietitian and for trusted food and nutrition information.