

Did you know...

Registered dietitians (RDs) are trusted food and nutrition professionals trained to provide advice on diet, food and nutrition. The titles "dietitian" and "registered dietitian" are regulated by law. Terms, such as "nutritionist" or "nutrition consultant," are not regulated, so it's important to look for the initials "RD" after their name.

To practise in Ontario, a registered dietitian must:

- Complete a university degree specializing in food and nutrition, undergo either an accredited internship program or a master's degree,
- Pass a Canadian Dietetic Registration Exam, and
- Register with the provincial regulatory body, The College of Dietitians of Ontario.

Private Practice Dietitians

Registered dietitians working in private practice provide nutrition counselling on a fee-for-service basis. Some medical benefit plans offer coverage for such services.

To find a private practice dietitian in your area:

- Call the Consulting Dietitians of Canada at **1-888-901-7776**.
- Check the Dietitians of Canada website www.dietitians.ca.
- Look in the Yellow Pages under "Dietitian."
- Ask your doctor for a referral.

A registered dietitian is available at Peel Public Health to provide **free** confidential information and education over the **phone**.

Call 905-799-7700.

Peel Public Health

905-799-7700

www.peelregion.ca

Caledon residents call toll free **905-584-2216**.

Public health professionals, including registered dietitians, are available Monday to Friday from 8:30 a.m. to 4:30 p.m. to provide **free** confidential health education over the phone. Language interpretation is available if required.

Examples of topics include:

- Maintaining a healthy weight, and managing cholesterol, diabetes and other health conditions.
- Preparing healthy meals and snacks for the family, young kids, and nutrition during pregnancy.
- Links to other services in the community such as food banks.
- How to access resources **free of charge**, such as pamphlets, presentations, displays and videos.

Additional information can be found on the following Peel Public Health websites:

www.healthyeatingpeel.ca

www.peel-obesity.ca

www.parentinginpeel.ca

www.schoolhealth101.ca/action

www.accountforhealth.ca

Nutrition Services

in the Region of Peel



Community Care Access Centres (CCAC)

CCAC dietitians provide individual, family or group counselling in the home or residence for clients who meet the eligibility criteria.

To inquire about eligibility and services in your area, call **310-CCAC(2222)** or go to www.ccac-ont.ca

Services are covered by **OHIP**.

Diabetes Education

Registered dietitians and other health professionals provide diabetes education to individuals and groups.

Diabetes Education Centres or Community Health Centres provide services that may require a doctor's referral. Call the following phone numbers to find out about services offered:

Trillium Health Centre

905-848-7545

905-848-7547 (South Asian Diabetes Program)

William Osler Health System – Brampton Civic Hospital

905-494-6598

The Credit Valley Hospital

905-813-1576

Bramalea Community Health Centre

905-451-8090, ext. 111

East Mississauga Community Health Centre

416-252-1928 (West Toronto Diabetes Education Program)

Services are covered by **OHIP** or are **free of charge**.

Hospitals

Hospital dietitians support several outpatient programs by providing extensive individual and group education.

Each hospital provides different services and requires a doctor's referral. Call the following numbers to find out about services offered:

Trillium Health Centre

905-848-7100 (Adult)

905-848-7653 (Children)

William Osler Health System

905-494-2120 (Adult)

905-494-6593 (Children)

The Credit Valley Hospital

905-813-2200

Services are covered by **OHIP**.

OTHER ORGANIZATIONS AND SERVICES

These organizations and services provide nutrition information and resources.

Allergy - Asthma Information Association	1-800-611-7011	www.aaia.ca
Best Start Coalition of Peel	905-452-1246	www.beststartpeel.com
Body Image Coalition of Peel	905-791-7800, ext. 2063	www.bodyimagecoalition.org
Canadian Cancer Society	416-488-5400 or 1-888-939-3333	www.cancer.ca
Canadian Celiac Association	1-905-507-6208 or 1-800-363-7296	www.celiac.ca
Canadian Diabetes Association	416-363-3373 or 1-800-226-8464	www.diabetes.ca
Canadian Liver Foundation	416-491-3353 or 1-800-563-5483	www.liver.ca
Central West Eating Disorder Program	905-815-5124	www.cwdep.ca
Crohn's and Colitis Foundation of Canada	416-920-5035 or 1-800-387-1479	www.cfcf.ca
Dietitians of Canada	416-596-0857	www.dietitians.ca
Eat Right Ontario	1-877-510-5102	www.ontario.ca/EatRight
Health Canada	see website	www.healthcanada.gc.ca
Heart and Stroke Foundation of Canada	905-451-0021 or 1-888-473-4636	www.heartandstroke.ca
Meals on Wheels	905-453-4140 (Brampton) 905-857-7651 (Caledon) 905-820-4026 (Mississauga)	n/a www.cmow.org n/a
National Eating Disorder Information Centre	416-340-4156 or 1-866-633-4220	www.nedic.ca
Osteoporosis Canada	416-696-2663 or 1-800-463-6842	www.osteoporosis.ca
Public Health Agency of Canada	see website	www.publichealth.gc.ca
The Arthritis Society	1-800-321-1433	www.arthritis.ca
The Kidney Foundation of Canada	905-278-3003 or 1-800-387-4474	www.kidney.ca