



Nutrition Month 2023

**Unlock the
potential of food:**

Find a Dietitian.

Dietitians can assist your patients to ‘unlock the potential of food’

As part of Nutrition Month in Canada, Grey Bruce Public Health is reminding healthcare providers that Registered Dietitians can assist their patients to ‘unlock the potential of food’ as part of their care plans.

Dietitians work with each patient to provide personalized advice and practical solutions without using fads or gimmicks.

Dietitians of Canada has established “Unlock the Potential of Food: Find a Dietitian” as the theme for this year’s Nutrition Month, which takes place in March.

Accessing a dietitian and unlocking the potential of food can assist your patients to:

- Follow a balanced dietary pattern to meet their daily nutrient requirements;
- Decrease risks for developing chronic diseases;
- Manage or mitigate symptoms of existing health conditions;
- Improve digestive health and mental health;
- Build a healthier relationship with food for themselves and their family; and
- Move toward a more plant-based and sustainable diet.

For general nutrition information, healthcare providers can direct their patients to [Canada's Food Guide](#) (available in 31 languages). This web-based platform from Health Canada also has recipes and resources on many topics, such as shopping on a budget, meal planning with more plant-based foods, and the importance of cultural food choices.

For credible nutrition information, articles, and videos on a wide range of specific topics, like pregnancy and infant feeding, heart-healthy eating, or digestive concerns, patients can visit [UnlockFood](#) – an award-winning website by Dietitians of Canada.

For general nutrition inquiries, Ontario residents can access free nutrition information and advice through Health Connect Ontario (formerly Telehealth) by calling 811 or starting a [chat](#).

If clients have more in-depth clinical nutrition issues, a referral to a Registered Dietitian may be in order. Refer to the dietitian on your staff, reach out to Public Health to help you find the nearest dietitian in Grey-Bruce, or check out [Find a Dietitian \(dietitians.ca\)](https://www.dietitians.ca).

Some employee benefit plans may cover the cost of private nutrition services.

This year, help your clients Unlock the Potential of Food by helping them access credible nutrition care.