

What is the difference between a Registered Dietitian and Nutritionist?

Registered dietitians are knowledgeable about nutrition and the impact it has on health and wellness. 'Registered Dietitian' (RD) is a protected title regulated by the College of Dietitians of Ontario. All dietitians complete an accredited university degree, supervised practical training and a licensing exam.

A 'nutritionist' can have varying qualifications and expertise, depending on their educational backgrounds and training. A nutritionist is not a provincially regulated health professional.

Why should I see a dietitian?

Dietitians use the science of nutrition to help people meet their health goals. You may want to see a dietitian if you need help:

- Managing or preventing a chronic diseases like diabetes, kidney disease, or heart disease
- Managing digestive disorders like celiac disease or irritable bowel syndrome (IBS)
- Eating healthy and achieving your weight goals
- Living well with a special diets like pureed foods, food intolerances, or food sensitivities
- Managing eating disorders and disordered eating
- Managing nutrition at different life stages like pregnancy, early childhood, or older age

Where can I find more nutrition info?

Canada's Food Guide

food-guide.canada.ca

Learn about recipes, cooking skills, and tips for healthy eating.

Diabetes Canada

diabetes.ca

Learn how food affects your diabetes.

Unlock Food (Dietitian of Canada)

unlockfood.ca

Learn about nutrition, food, and healthy eating.

Cookspiration (Dietitians of Canada)

cookspiration.com

Find recipes and a meal planning tool.

You can find more information at sunnybrook.ca/nutrition or by scanning the QR code with your smart device.



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Where can I find a dietitian?

Sunnybrook Health Sciences Centre

These Sunnybrook clinics have dietitians that are available for free for current patients:

- **Academic Family Health Team**
- **ALS Clinic**
- **Multicare Kidney Clinic**
- **Odette Cancer Centre**

Ask your healthcare team how you can talk with a dietitian.

Sunnybrook Diabetes Education Centre (SUNDEC)

If you have diabetes, pre-diabetes, or are at risk of diabetes, you can refer yourself to SUNDEC by completing the self-referral form at sunnybrook.ca/diabetes or by calling 416-480-4805.

Dietitians in the Community

The cost of some dietitian services may be covered by provincial health insurance (OHIP). Ask your healthcare team if a dietitian is available to talk with you.

Here are other ways to find a dietitian:

Health 811

Dial 811 on your phone or go to health811.ontario.ca and use the live chat function to organize a dietitian call.

To find a dietitian in your area, click on “Find a service” and search “dietitian”.

Community Health Centres (CHC)

CHCs provide free or low cost health care and social services (like food programs, settlement services, and community programs) to people living in their area.

If you do not have provincial health insurance (OHIP), you may still be able to receive care for free.

CHCs accept patients based on catchment area and/or for specific populations. To find a CHC go to ontario.ca and search “community health centres”.

The following CHCs are located within the Sunnybrook area:

Flemingdon Health Centre

10 Gateway Blvd
Tel: 416-429-4991
fhc-chc.com

OHIP not required to become a client.

Vibrant Healthcare Alliance

2398 Yonge St
Tel: 416-486-8666
vibranthealthcare.ca
Doctor referrals are not necessary.



The following are examples of CHCs that focus on care for specific populations:

Access Alliance Multicultural Health and Community Services

3079 Danforth Ave
Tel: 416-693-8677
accessalliance.ca
Services for immigrants and refugees.

Anishnawbe Health Toronto

425 Cherry St
Tel: 416-360-0486
aht.ca
Services for First Nations, Inuit and Metis Peoples (status and non-status and their families).

TAIBU Community Health Centre

27 Tapscott Rd, Unit 1 (Malvern Mall)
Tel: 416-644-3536
taibuchc.com
Services for people that identify as black.

Private Practice Dietitians

Dietitian services can be accessed for a fee to provide counseling to people with different nutritional needs. Private health insurance may cover some or all of the cost.

Many private practice dietitians provide specialized care in a certain area (like heart health, digestion, weight management) or in another language.

One way to find a private practice dietitian is to go to dietitians.ca and use the “Find a dietitian” link.

Your family doctor may be able to refer you to a dietitian covered by OHIP.