

A man with a beard and curly hair, wearing a grey sweater and a red and white striped apron, is smiling and looking at a tablet computer. A young girl with curly hair, wearing a grey sweater, is sitting on his shoulders, also smiling and looking at the tablet. They are in a kitchen with white cabinets and a window in the background. The lighting is warm and natural, suggesting daytime. The overall mood is happy and educational.

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nutrition, food, healthy eating and  
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## UnlockFood.ca is:

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- Recipes, videos and sample menus
- Hundreds of evidence-based articles
- Bilingual
- Award winning

## Who are dietitians?

Dietitians deliver reliable life changing advice without fads and gimmicks. We collaborate with our patients, clients and communities to embrace food and to enjoy it. By translating the science of nutrition into terms everyone can understand, dietitians unlock the potential of food and support healthy living for all Canadians.

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