

A man with dark curly hair and a beard, wearing a grey sweater and a red and white striped apron, is holding a white tablet. A young girl with curly hair, wearing a grey sweater, is sitting on his shoulders, looking at the tablet with a smile. They are in a kitchen with white cabinets and a lamp in the background.

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nutrition, food, healthy eating and
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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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