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Easy to understand information on
nutrition, food, healthy eating and
disease prevention.

Brought to you by Dietitians of Canada



UnlockFood.ca is:

- 600+ evidence based articles
- Recipes, videos and interactive tools
- Written and reviewed by dietitians
- 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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Sign up for our eNewsletter to stay up to date on the latest nutrition news, and get healthy eating tips and recipes. **Visit www.unlockfood.ca/eNews.**

