



# Unlock the Potential of Food

📍 Find a Dietitian

#NutritionMonth  
#FindADietitian  
#DietitiansAreKey  
NUTRITION  
MONTH2023.CA



## Where Do Dietitians Work and What Do They Do?

There are over 10,000 dietitians in Canada and you'll find dietitians working everywhere. More than half of dietitians in Canada work in a hospital but over the years, the role of a dietitian has expanded. Many dietitians work in healthcare settings like long-term care homes, community health centres, health clinics, or in private practice. You can also find dietitians working in public health, government, education and research. Dietitians also have roles in the food or pharmaceutical industry, or areas like sports nutrition and in the media.

See the chart below for some examples of what dietitians do in different work settings.

### Where do dietitians work and what do they do?

#### Where do dietitians work

#### What do dietitians do?

In hospitals

Assess and plan nutrition care for patients with cancer, kidney disease, digestive issues, malnutrition and more.  
Ensure critically ill patients get the nutrition they need.  
Counsel patients who need special diets for their medical condition or to support recovery, for example after surgery.  
Ensure patient meals are high quality and prepared and delivered safely.

In doctor's offices, medical clinics or in private practice

Support patients who need information and guidance about food allergies, pregnancy, infant feeding, diabetes, digestive issues, heart disease, high blood pressure and more.  
Provide education around healthy eating and managing health conditions to individuals or small groups.  
Provide virtual or in-person nutrition care to support families, including help with meal planning, grocery shopping and challenges like 'picky eaters', special diets and more.

In long-term care

Assess and plan nutrition care for residents.  
Plan menus, staffing and budget to provide the best nutrition for residents.  
Ensure meals are prepared and delivered safely.

In community health centres and public health units

Identify health problems in the community.  
Assess the nutrition needs of population groups and communities.

	<p>Plan and deliver nutrition education programs, cooking and food skills programs and school nutrition programs.</p> <p>Develop nutrition education materials and tools.</p> <p>Increase access to food for those with limited income, transportation or who are isolated.</p> <p>Help individuals and communities stay healthy.</p>
In diabetes education centres	Educate and counsel clients who are living with diabetes or trying to prevent diabetes.
In people's homes	<p>Counsel people who are housebound on special diets</p> <p>Train and educate people who are on feeding tubes.</p> <p>Help families plan healthy menus.</p>
In the pharmaceutical industry	<p>Educate doctors, nurses, pharmacists, sales staff, and other dietitians on new products and research.</p> <p>Plan and deliver continuing education opportunities for health care professionals and consumers.</p>
In the food industry	<p>Research and develop healthier food products.</p> <p>Educate consumers on food, nutrition, and health.</p> <p>Consult with marketing and foodservice associations.</p> <p>Develop, promote and market food and nutrition products.</p> <p>Ensure manufacturers follow regulations around food labeling, nutrition claims and food safety.</p>
In government	<p>Develop food and nutrition policies.</p> <p>Provide strategic advice on nutrition issues for different levels of government and different ministries.</p>
In education	<p>Teach nutrition to students in dietetics, nursing, medicine, kinesiology, pharmacy, dentistry and more.</p> <p>Mentor and train future dietitians.</p> <p>Support the development of nutrition research skills.</p>
In research	Plan and direct research projects to increase knowledge of the relationship between food, nutrition and health.
In sports and recreation	<p>Help recreational and professional athletes get the most out of their activity.</p> <p>Counsel athletes on hydration, eating for competitions and other nutrition concerns related to physical activity.</p>

In business

Work for food and nutrition-related businesses providing expertise in product development, communications, marketing, consumer affairs and public relations.  
Plan and deliver corporate wellness programs.

In the media

Write cookbooks or other nutrition-related books.  
Create written content for blogs, social media, newspapers, magazines, websites and make TV appearances.

Canadians are more aware of their food choices, shopping smarter, and opting for better nutrition now more than ever before. This means that more employers are realizing the value that a dietitian can bring to a workplace.

### **Find a dietitian near you**

It's easy to find a dietitian near you, visit *Find a Dietitian* at [www.dietitians.ca/find](http://www.dietitians.ca/find). You can search by postal code, city, and/or health condition.

Many dietitians offer services virtually and most employee benefit plans cover dietitian services. Check your plan today. If your benefits don't cover dietitian services, visit [www.NutritionMonth2023.ca](http://www.NutritionMonth2023.ca) to share a factsheet with your employer on why they should.

**Visit [www.NutritionMonth2023.ca](http://www.NutritionMonth2023.ca) for more on how to connect with a dietitian and for trusted food and nutrition information.**