

## Why choose a Registered Dietitian?

The College of Dietitians of Ontario makes sure that Registered Dietitians (RD) are qualified to Practice in Ontario.

- All Registered Dietitians in Ontario have a university degree in sciences and nutrition, and a program of practical education.
- Dietitians must participate in the College's mandatory quality assurance program to keep their skills and knowledge up to date.
- The College supports dietitians to deliver ethical and client-focussed services.

## Registered Dietitians help you, your family and your community eat well for health.

- RDs use nutrition to treat and manage diseases such as diabetes and heart disease.
- RDs manage food production systems in places like hospitals.
- RDs help communities to prevent disease and promote optimal health by addressing why people do not eat healthy.
- RDs produce information about nutrition that is backed by science.
- RDs develop and market healthy foods and products.

## The "Dietitian" title is protected by law and gives you protection.

In Ontario, only members of the College of Dietitians of Ontario can call themselves dietitians and use RD after their name. The RD means a highly trained person to give you safe, ethical and science-backed nutrition services for healthy eating. RDs are the only *regulated* nutrition professionals.

## Services from the College of Dietitians of Ontario.

- Consult the Register of Dietitians at [www.mydietitian.ca](http://www.mydietitian.ca) > Find a dietitian to verify that your dietitian is qualified to practice as an RD in Ontario.
- The College will answer questions about concerns and investigate complaints about services you have received from a dietitian.
- See the College website for more information about how dietitians are regulated and how the College protects people in Ontario.

*The College of Dietitians of Ontario regulates and supports Registered Dietitians to be safe, ethical and competent in all areas of dietetic practice.*