

Hello!

Listen, Learn, Act

What is a Dietitian?

How can Dietitians help you?

How to find a Dietitian

Resources

Q&A



Family
Resource
Centres

Dietitian 101



Helpful Nutrition & Health Navigation

Kelly Reinprecht BSc. RD

Neurodivergent Momma of 3 Neurodivergent Kiddos
Cat Lover, Baseball Coach, Goalie Mom,
Nutrition Nerd, Problem Solver, Helper, Advocate, Ally



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Truth & Reconciliation

I truly want to acknowledge that we are gathered today, across the province, on the traditional lands of the 48 First Nations Communities and 8 Metis Settlements within Alberta. I am so thankful for the original people who lived and cared for these lands for generations before us.

...with understanding, acceptance, and support everybody can contribute...



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Traditional Foods

Lean Protein, Antioxidant Rich, High Fibre,
Healthy Fats



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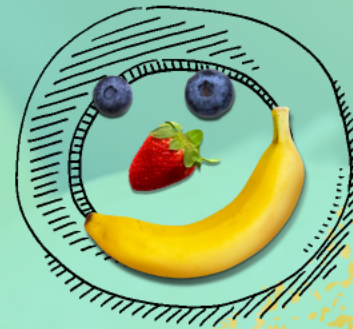
Dietitian 101



What is a Dietitian?

"Translate scientific, medical and nutrition information into practical, individualized therapeutic diets and meal plans for people!"

College of Dietitians of Alberta



Where do Dietitians work?

Myths about Dietitians

RDs often work in:

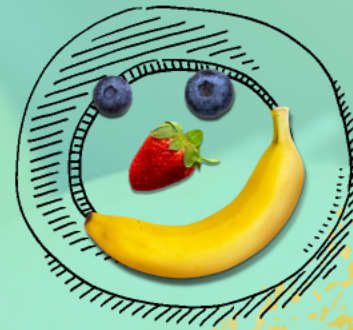
- Primary Care Networks
- Hospitals
- Doctors Offices
- Special Clinics
- Home Care
- Long Term Care
- Private Practice
- Government & Research

and many more!

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Myths about Dietitians

Dietitians do not:

- Judge
- Think you should eat perfect
- Eat a perfect diet themselves
- Focus on weight loss
- Just give out meal plans

Feed a child a fish and they will eat for the day.... if they like fish. Teach them to fish and they will have fun!

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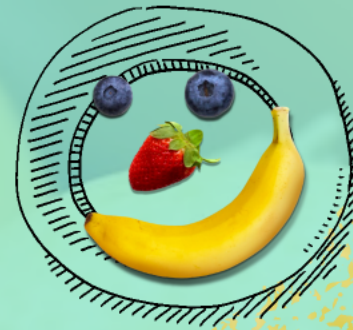


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Benefits of Seeing a Registered Dietitian



- Work with you to make nutrition goals.
- Provide useful nutrition advice .
- Help build long-term habits.
- Consider your lifestyle.
- Refer you to another health care professional if needed.

When do you need
an RD?

When its nice to
have an RD

Dietitian
Assessment



When to seek help from an RD:

- Special diets for Diseases and Conditions
- Significant diet restrictions, missing food groups
 - picky eating
 - chewing and swallowing issues
- Significant digestive issues
 - IBD, IBS, Diarrhea, Constipation, GERD
- Vitamin and Mineral Deficiencies (Iron, B12, Calcium)
- When you suspect you need an RD - trust your gut

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You can also choose to see an RD or take a class for:

- General Healthy Eating
- Food budgeting and grocery shopping
- Nutrition for physical activity
- Menus and meal plans
- Cooking and recipes
- Food safety, storage and preparation

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What do Dietitians Do?

When you meet with a Dietitian they will complete a nutrition assessment by reviewing your:

- Medical and surgical history
- Social history
- Medications, vitamins or supplements taken
- Labs or medical tests

They will complete a physical exam & ask about your diet

- Height, weight, head to toe review
- Food recal, food records or apps

Dietitians will consider all of the information collected and develop an individualized

- Education (the what)
- Counselling (the how)
- Specific diet changes
- Supplementation needs
- Coordination of Care - referrals to other health professionals or communit programs

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- Ask your doctor for a referral
 - Classes are free from the PCN: <https://albertafindadoctor.ca/pcn>
 - You can attend virtual classes from all PCNs in AB
- Health Link Alberta has an RD - call 811

Private Practice Dietitians

- dietitiandirectory.com
- Dietitians of Canada: members.dietitians.ca/DCMember/s/find-dietitian?language=en_US
 - Many private health benefits cover Dietitian services

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- AHS Nutrition Classes - in person and via Zoom available across the province
 - www.albertahealthservices.ca/nutrition/Page17512.aspx
- Edmonton Zone Public Health Nutrition Classes on Eventbrite
 - <https://www.eventbrite.ca/o/edmonton-zone-public-health-dietitians-ahs-17727496869>
- AHS Nutrition Handouts
 - www.albertahealthservices.ca/nutrition/page11115.aspx
- Dietitians of Canada Nutrition Website: Unlockfood.ca
 - <https://www.unlockfood.ca/en/Articles/Childrens-Nutrition/Health-Conditions/Autism-and-Nutrition.aspx>
 - <https://www.unlockfood.ca/en/Videos/Raising-our-Healthy-Kids/Preschoolers/Video-Patience-works-better-than-pressure.aspx>
 -
- Cooking resources
 - centreforautism.ab.ca/program/shop-cook-learn/
 - accessiblechef.com/
 - accessiblechef.com/recipes
 - community.lincs.ed.gov/group/29/discussion/teaching-art-cooking-people-special-needs



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- AHS Nutrition Handouts
 - www.albertahealthservices.ca/nutrition/page11115.aspx
- Dietitians of Canada Nutrition Website: [Unlockfood.ca](http://www.unlockfood.ca)
 - <https://www.unlockfood.ca/en/Articles/Childrens-Nutrition/Health-Conditions/Autism-and-Nutrition.aspx>
 - <https://www.unlockfood.ca/en/Videos/Raising-our-Healthy-Kids/Preschoolers/Video-Patience-works-better-than-pressure.aspx>
 - <https://www.unlockfood.ca/en/Videos/Raising-our-Healthy-Kids/Preschoolers/Video-How-to-keep-kids-happy-and-healthy.aspx>
- Cooking resources
 - centreforautism.ab.ca/program/shop-cook-learn/
 - accessiblechef.com/
 - accessiblechef.com/recipes
 - community.lincs.ed.gov/group/29/discussion/teaching-art-cooking-people-special-needs



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Check out.

True or
False



We should do detoxes and cleanses regularly to help our body get rid of toxins.



It is recommended that people living in Canada take a Vitamin D supplement daily.



Sea salt is healthier than table salt.



Frozen fruits and vegetables are just as nutritious as fresh produce.



You should wash chicken before cooking it.

What are some nutrition topics you would be interested in learning?



Check out.

True or
False

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