



Canadian Dietitian/Nutritionist Information and Programs

Dietitians and nutritionists plan, organize, conduct and supervise programs in nutrition, diet and food service. They are employed in a variety of settings including hospitals, extended care facilities, public health centres, the food and beverage industry, educational institutions, sports organizations and government, or they may be self-employed.

What is the difference between a Dietitian and a Nutritionist?

The titles “Registered Dietitian”, “Dietitian”, etc. are all protected by law. These titles can only be used by those who have met national standards. The letters RD, RND, P.Dt., Dt.P. and R.Dt. are the legal designations for qualified Registered Dietitians in Canada. The Law does not protect the term “Nutritionist” in all provinces, so people with different levels of training and knowledge can call themselves “Nutritionist”.

Dietitians and nutritionists perform some or all of the following duties:

- Develop, administer and supervise nutrition and food preparation and service programs in hospitals, nursing homes, schools, company cafeterias or similar settings
- Evaluate nutritional status of individuals and provide nutrition counselling and consulting to health professionals, dietetic interns, community groups, government, media and individuals
- Aid in the prevention and/or treatment of inadequate nutrition
- Plan, evaluate and conduct nutrition education programs and develop educational materials for various audiences
- Practice on an individual basis or as a member of an interdisciplinary team to determine nutritional needs of patients and to plan normal and therapeutic menus
- Study and analyze scientific nutritional studies and conduct research to improve the nutritional value, taste, appearance and preparation of food.

* Information from The Dietitians of Canada

Example Titles of Dietitians / Nutritionists

Administrative Dietitian	Clinical Dietitian
Community Dietitian	Consultant Dietitian
Dietitian	Nutrition and Dietetics Researcher
Nutritionist	Public Health Nutritionist
Registered Dietitian (RD)	Registered Nutritionist

Relevant Websites

College of Dietitians of Ontario: www.cdo.on.ca

Dietitians of Canada: www.dietitians.ca

HRDC: www5.hrsdc.gc.ca/NOC/English/NOC/2006/QuickSearch.aspx?val65=3132



Undergraduate Programs in Dietetic Education Accredited by Dietitians of Canada

<p>Acadia University School of Nutrition & Dietetics nutrition.acadiau.ca</p>	<p>Université de Moncton Ecole de Nutrition et d'Etudes Familiales www.umoncton.ca/umcm-fsssc-esanef</p>
<p>University of Alberta Department of Agricultural, Food & Nutritional Science www.afns.ualberta.ca</p>	<p>Université de Montréal Département de Nutrition www.mdnut.umontreal.ca</p>
<p>University of British Columbia School of Family and Nutritional Sciences www.landfood.ubc.ca</p>	<p>Mount St. Vincent University Department of Applied Human Nutrition www.msvu.ca/nutrition</p>
<p>University of Guelph Department of Family Relations and Applied Nutrition www.family.uoguelph.ca</p>	<p>University of Prince Edward Island Department of Family & Nutrition Sciences www.upei.ca/fns</p>
<p>Université Laval Département de Sciences des Aliments et de Nutrition www.fsaa.ulaval.ca/aln.html</p>	<p>Ryerson University School of Nutrition www.ryerson.ca/foodandnutrition</p>
<p>University of Manitoba Department of Human Nutritional Sciences www.umanitoba.ca/faculties/human_ecology/departments/hns/</p>	<p>University of Saskatchewan College of Pharmacy & Nutrition www.usask.ca/pharmacy-nutrition</p>
<p>McGill University School of Dietetics and Human Nutrition www.mcgill.ca/dietetics</p>	<p>St. Francis Xavier University Department of Human Nutrition www.stfx.ca/academic/human-nutrition</p>
<p>Memorial University of Newfoundland Department of Biochemistry www.mun.ca/biochem</p>	<p>The University of Western Ontario Brescia University College Department of Human Ecology www.uwo.ca/brescia</p>