

Dietetics

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Dietitians of Canada
Les diététistes du Canada

What Is Nutrition?

Nutrition is the science of foods and the nutrients and other substances they contain and of their actions within the body (including ingestion, digestion, absorption, transport, metabolism, and excretion). A broader definition would also include the social, cultural, psychological and cultural implications of food and eating.

What Do Dietitians do?

Dietitians are essential members of the health care team and practice in a wide range of diverse workplaces. Dietitians work -

In health care facilities, including hospitals and nursing homes, community health centres, and home care:

Clinical Dietitians identify nutrition problems and assess the nutritional status of patients; develop care plans and monitor the effectiveness of nutrition interventions; and counsel patients on special diet modifications.

In the community:

Public Health Nutritionists/Dietitians; Dietitians working in Community Health Centres or Aboriginal Health assess the nutritional needs of populations; identify community nutrition problems; and develop health promotion strategies, nutrition education programs and healthy eating resources. They work with individuals and groups to improve their nutritional well-being; prevent nutrition-related disease; increase access to food and enhance personal control of health.

In foodservice management:

Administrative Dietitians manage food production, distribution and service of high quality meals/snacks, ensuring adherence to sanitation and safety standards and a cost effective operation. They manage food service departments in hospitals and other health care facilities, schools, universities, and businesses and may be employed by contract food companies.

In private practice:

Consulting Dietitians provide expertise in nutrition to promote health and prevent disease, counselling services for nutrition-related diseases and disorders, and management advice to food service operations. They operate their own private consulting practices or businesses and work with individuals, groups, workplaces, and media.

In industry:

Dietitians in Business and Industry assist the private sector with research, product development, marketing, and consumer education. Working with food and pharmaceutical companies, marketing associations and food service providers, dietitians are able to develop, promote and market better food and nutritional products.

In government, education and research:

Dietitians in Government develop nutrition and food policy based on scientific evidence in consultation with stakeholder groups. They also direct and administer nutrition programs and services and may work at the Federal, Provincial, Territorial or local level.

Dietitians in Education teach nutrition, food chemistry or food service administration to students in dietetics, nursing, medicine, pharmacy, or dentistry programs, or the food and hospitality industry. These courses are taught at all levels - elementary and secondary school, college, university, professional schools and hospitals.

Research Dietitians plan and direct research projects which will ultimately enhance patient care and improve the cost-effectiveness of food service. Universities, health care facilities and industry all support research by Dietitians.

Education & Preparation:

To become a Dietitian one needs to complete a DC accredited Nutrition program and Internship or Practicum program. For more information on the various programs visit: http://www.dietitians.ca/public/content/career_in_nutrition/accredited_undergraduate_programs.asp

Licensure:

As is the case for other health professionals, Dietitians must register with a provincial regulatory body in order to practice. The provincially mandated dietetic regulatory bodies exist for public safety. This role differs from that of the national association, Dietitians of Canada, which has a mandate to support members.

What is the role of the Dietitians of Canada Student Network?:

The Dietitians of Canada Student Network is the gathering place for qualifying members who are dedicated to their personal development and excited about contributing to the future of the profession through the promotion of active membership in DC. This network provides a forum that encourages the exchange of information and ideas to support the shared interests of students and interns across Canada.

Qualifying members are encouraged to become actively engaged with the dietetic community at their local level as well as through this network.