

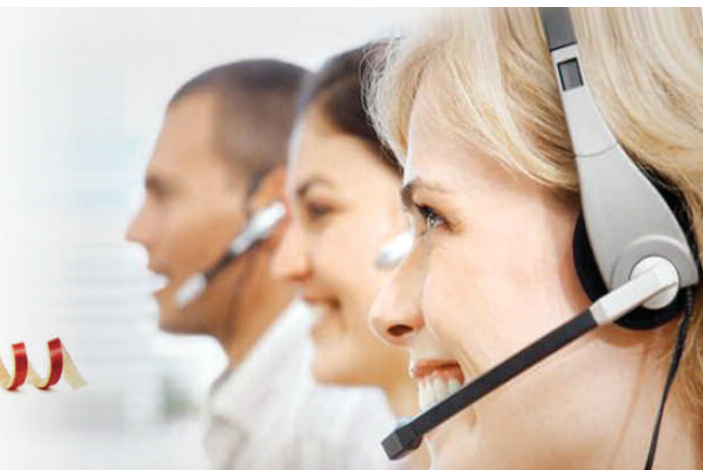
EatRight Ontario

SPEAK WITH A REGISTERED DIETITIAN FOR FREE



1-877-510-510-2

www.eatrightontario.ca



Get answers to your nutrition and healthy eating questions from a place you can trust.

Connect to a Registered Dietitian for FREE

1 Talk to a Dietitian 1-877-510-510-2

Registered Dietitians can:

- answer your questions
- send you information
- tell you about local community services

The service is available in English, French and over 100 other languages.

Monday to Friday 9 am to 5 pm ET.

Evening hours Tuesdays and Thursdays to 9 pm ET.

2 Email a Dietitian from www.eatrightontario.ca

Email your nutrition question and receive a personal reply.

3 Visit the **EatRight Ontario** website www.eatrightontario.ca

- Find articles, healthy recipes and nutrition videos.
- Create your own menu using "My Menu Planner".
- Sign up for **eNews**, a monthly email with nutrition tips, recipes and updates.

Join our social network

Visit www.twitter.com/EatRightOntario and

www.facebook.com/EatRightOntario

Nutrition advice you can trust is just a phone call or a click away

EatRight Ontario

EatRight Ontario
Registered Dietitians are:

- ✓ Qualified professionals
- ✓ Up-to-date with the latest information
- ✓ Experienced
- ✓ Friendly and ready to help



EatRight Ontario
dietitians are here to help!
Ask about:

- How can I lose weight and keep it off?
- What should I feed my baby?
- I just found out I have diabetes. Where can I go for help?
- How do I lower my cholesterol?
- How can I get my picky eater to eat more?
- How much fibre should I be eating?
- Do I need a multivitamin?

...and any other nutrition and healthy eating question you may have.

Why choose EatRight Ontario?

- ✓ Easy to use
- ✓ Free
- ✓ Available in many languages
- ✓ Callers are very satisfied

Give EatRight Ontario a try.
Tell your family and friends.

EatRight Ontario dietitians cannot provide individual counselling or medical advice.

Dietitians of Canada acknowledges the financial support of EatRight Ontario by the Ontario government.

Call toll-free 1-877-510-510-2
Monday to Friday 9am to 5pm ET.
Evening hours:
Tuesday and Thursday to 9pm ET.
Visit www.eatrightontario.ca



Video: Sample
EatRight Ontario call.

Start making healthier choices today!