



General Toolkit

What is a Dietitian?

Dietitians are regulated health professionals who use their expertise in food and nutrition to improve health. Learn about the profession here.

What Can I Expect When I Go See a Dietitian?

Discover what to expect during the first appointment with a dietitian.

Is There a Difference Between a Dietitian and a Nutritionist

Learn about the differences between Dietitians and Nutritionists across Canada.

Menu Planning Checklist

Enhance meal planning with this comprehensive checklist, offering tips on incorporating diverse flavours, choosing whole grains, and selecting healthy cooking methods.

Nourish to Flourish Posters

Download this year's posters for your work place.

How can I Find a Dietitian Near Me?

Learn the various ways to connect with a dietitian, including services covered by provincial health insurance and private practice options.

Top 5 Reasons to See a Dietitian

Five reasons a dietitian can help manage health conditions, navigate food allergies, and provide personalized nutrition advice.

7 Steps for Quick and Easy Menu Planning

Seven practical steps to streamline meal planning. Tips to eat healthier, save money, and get tasty meals to the table faster.

Social Media Toolkit

Utilize this year's text and graphics to promote Nutrition Month 2025 and the theme, Nourish to Flourish.