

# Dietetics

## What is Dietetics?

A dietitian is a health professional who has a Bachelor's degree, specializing in foods and nutrition, as well as a period of practical training in a hospital or community setting. Many dietitians further their knowledge by pursuing a Master's or Doctoral degree.

## What do dietitians do?

Dietitians translate scientific and medical information about nutrition into clinical interventions to improve health. They can provide individualized treatment options and meal plans to clients. Dietitians focus on healthy eating and wellness throughout all stages of life.

## Where do dietitians work?

- Community health centres
- Hospitals
- Long-term care homes
- Public health
- Sports and recreation facilities
- Food industry
- Academic and research settings
- Private practice

Typically dietitians working in a hospital or health care institution will have a job title that uses the term "Registered Dietitian" and will focus on clinical care of the patient or manage the food service.

## Education and Preparation

There are a lot of accredited programs throughout Canada in each province. The Dietitians of Canada website has a listing of each of the programs offered and where they are offered. After this, students are required to complete an internship program.

Dietetic Internship is a formalized learning program in which academic knowledge gained in a university program is applied in practice-based settings. Dietetic internships/practicum programs are accredited by Dietitians of Canada. Program length varies but is usually 40 to 45 full-time weeks.

## Licensure

Dietitians who have met national standards for education and training and who are members of the provincial regulatory bodies can use one of the following designations -- RD, PDt or RDt (or the French equivalent Dt.P.).

## Professional Associations

### Dietitians of Canada

<http://www.dietitians.ca>

### College of Dietitians of Ontario

<http://www.cdo.on.ca>