



MICs Group of Health Services

Matheson – Iroquois Falls – Cochrane

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Considering a Career in Health Care? There are plenty to choose from!

Clinical Nutrition – Registered Dietitian (www.dietitians.ca)

Registered Dietitians are health care professionals who are trained to provide advice and counselling about diet, food and nutrition. They use the best available evidence coupled with good judgment about the client's unique circumstances to determine guidance and recommendations. To use the title Registered Dietitian (RD), Dietitians must be registered with the dietetic regulatory body in the province in which they practice. Dietitians help people make healthy food choices, separating fact from fiction and distinguishing healthy eating plans from those that don't provide optimal nourishment. Dietitians play a major role in health care, industry, government and education. They influence policy development, direct nutrition programs, manage quality food services and conduct nutrition research. **Dietitians are in demand.** Today, with better understanding of the relationship between good eating habits and good health, Dietitians are playing an increasingly important role in contributing to the health and well-being of Canadians.

There are 3 steps to becoming a professionally qualified dietitian in Canada.

1. Education: Accredited Undergraduate Programs

The first step is to earn a Bachelor's degree in food and nutrition from a university program that has been accredited by Dietitians of Canada. Your choice of undergraduate program will determine what route you take in order to become registered to practice. Many universities offer this program:

BRITISH COLUMBIA
University of British Columbia
ALBERTA
University of Alberta
SASKATCHEWAN
University of Saskatchewan
MANITOBA
University of Manitoba

ONTARIO
Brescia University College
University of Guelph
Ryerson University
University of Ottawa
QUEBEC
McGill University
Université de Montréal
Université Laval

NEW BRUNSWICK
Université de Moncton
NOVA SCOTIA
Mount Saint Vincent University
St. Francis Xavier University
Acadia University
PRINCE EDWARD ISLAND
University of Prince Edward Island

2. Internships and Practicum Programs

3. Registration to Practice

Employment Outlook – Dietetics is one of the fastest growing job sectors in the country. Employment rates for Dietitians are very promising. A recent survey of internship graduates shows that over 40% found their first position before they graduated and another 50% were employed within 5 months of graduation.