

How can I see a registered dietitian?

To contact a registered dietitian in your area, please call:

Arborg

204-739-3836
204-376-5559 ext.6

Ashern

204-785-3517
204-376-5559 ext.6

Beausejour:

204-268-7477
204-268-7479

Eriksdale

204-785-3517
204-376-5559 ext.6

Fisher Branch

204-739-3836

Gimli

204-886-7450
204-485-5288

Hodgson

204-376-5559 ext.6

Lac Du Bonnet

204-345-1230

Lundar

204-785-3517

Pinawa

204-753-3148

Pine Falls

204-367-5408

Oakbank

204-444-6143

Selkirk

204-785-5574
204-485-5288
204-886-7450

Stonewall

204-785-3517
204-886-7450

Teulon

204-886-7450
204-739-3836

Whitemouth

204-348-4620

WHAT IS A REGISTERED DIETITIAN?



Interlake-Eastern
Regional Health Authority



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Interlake-Eastern Regional Health Authority delivers health-care services on First Nation Treaty Territories 1, 2, 3 and 5 and on the homeland of the Métis Nation. We respect that First Nations treaties were made on these territories, acknowledge harms and mistakes, and we dedicate ourselves to collaborate in partnership with First Nations, Inuit and Métis peoples in the spirit of reconciliation.

A dietitian is a regulated health professional who is passionate about the potential of food to enhance lives and improve health.

Dietitians translate the current research and science of nutrition into terms you can understand. Healthy eating is more than the foods you eat. You are encouraged to be mindful of your eating habits, cook more often, enjoy your food and eat meals with others.

In our province, dietitians are the only regulated nutrition professionals. Individuals must be registered with the College of Dietitians of Manitoba in order to use the title dietitian or use RD after their name, as these are protected by law. However, anyone in Manitoba can provide nutrition advice and call themselves a nutritionist.

DID YOU KNOW?

Dietitians work in all communities within the Interlake-Eastern Regional Health Authority (IERHA).

You don't need a referral to see a Dietitian, you can call to arrange an appointment.

There is no cost.

How can a registered dietitian help you?

In the IERHA, dietitians work with all members of your health care team and can support you throughout your life.

Dietitians give you the best advice on food and nutrition. Here are some of the reasons to connect with a dietitian:

- Diabetes
- Heart health
- Cancer
- Kidney health
- Chronic obstructive pulmonary disease (COPD)
- Wound healing
- Digestive concerns
- Chewing and swallowing difficulties
- How to modify your diet after surgery
- Malnutrition
- Pregnancy and breastfeeding
- Infant feeding and childhood nutrition
- Food allergies
- Sports nutrition
- Making sense of complex nutrition information

What happens during a nutrition consultation?

The dietitian reviews your medical history, how you are feeling, blood test results, medications, eating habits, physical activity patterns and lifestyle.

You will then work together to plan diet and lifestyle changes and healthier choices that are right for you. Dietitians work with you to embrace food, to understand it, and to enjoy it.

The advice and information dietitians provide is tailored to your personal needs and challenges, including taste, food skills, and accessibility.

Dietitians provide nutrition information in many ways, including:

- Individual sessions
- Group sessions
- Public education and awareness, wellness events