

NUTRITION PROGRAM

What does a Registered Dietitian do?

Registered Dietitians (RD) help you learn how food can support your health. Everyone is different, so they work with you to find what works best for your body and your life. RDs are part of your health care team. They want to help you feel better by making small, simple changes to what and how you eat.

What can I expect at an appointment?

Appointments are about 45 minutes long. They can happen:

- In person at Edmonton West Primary Care Network Central Office
- By phone or secure video

At your appointment, the Registered Dietitian may:

- Ask questions to get to know you and what you need help with
- Help you set goals and make a plan that fits your life
- Teach you about food and how it supports your health
- Show you how to take small steps toward your goals
- Help you choose meals that you enjoy and fit your needs
- Talk about hunger and fullness signals from your body
- Teach you how to read food labels
- Talk about cravings and why you might want to eat
- Connect you with other health or community supports if needed

How do I get an appointment?

Someone from your health care team, like your doctor or nurse, needs to send us a referral. Once we get it, we'll contact you to book your visit.

These services are free and covered by Alberta Health Care.

Note: Dietitians use science to help find the best plan for you. There is no one-size-fits-all approach.