



UNLOCK THE POTENTIAL OF FOOD...

to Heal!

Food can promote healing, and Dietitians can help!

Dietitians understand how certain foods can help with your condition. Whether it be diabetes, celiac disease, swallowing problems, heart conditions, cancer, or others — Dietitians work alongside your doctor and health team to provide you with the best care.



What do Dietitians do?

Registered Dietitians (RDs) are educated health care workers who use food and nutrition to help people live their best lives. Whether you have a disease, want to reach a fitness goal, or just want general healthy eating information, a Dietitian can help!

Dietitians work in many places, these include:

1. Hospitals
2. Doctor's Offices
3. Community Health Centres
4. Long Term Care Homes
5. Diabetes Education Centres



And more! Dietitians use food to help you get the nutrition you need for the growth, repair, and ongoing health of your body.

Dietitians can...

- Help you manage your blood sugars.
- Help you improve your blood pressure and cholesterol levels.
- Help you heal after a surgery or cancer, or help you maintain your weight during cancer treatment.
- Help you lose weight and reach fitness goals.
- Help you navigate the world of food when you have any new diagnosis, like Celiac Disease, Dysphagia, Osteoporosis, and more!

You can see a Dietitian for FREE, and without a referral!

In Thompson, Call (204)677-1777

Outside Thompson, Call (204)677-5322

In Flin Flon, Call (204)681-1350

In The Pas, Call (204)623-9650

Have Diabetes? Call (204)677-5333



**NORTHERN
HEALTH REGION**