

# Dietitian Services at HealthLinkBC

## Nutrition Information You Can Trust

 **8-1-1**

Call to speak with a registered dietitian  
Monday to Thursday 8 a.m. - 8 p.m.  
and Friday 8 a.m. - 5 p.m.



**HealthLinkBC.ca/dietitian**

Visit us online for nutrition information  
or email Dietitian Services with your  
questions 24 hours a day, seven days a  
week, 365 days a year.



**Print**

Have Nutrition Fact Sheets sent directly  
to you by email or mail.

**Information when you need it.  
Information how you want it.**



**HealthLinkBC**

**Making sense of nutrition information is easy when you speak with a registered dietitian at HealthLink BC.**



# Dietitian Services at HealthLinkBC

Registered dietitians are able to answer your healthy eating questions and personalize nutrition information for your nutrition needs. They can help you change your eating habits for better health. Email Dietitian Services with your questions or call 8-1-1 to speak to a dietitian today. Translation services are available in more than 130 languages upon request.

Ask us about:

Eating Healthy

Getting to a healthy weight

Managing food allergies

Diet to lower blood pressure

Eating for diabetes

Heart-healthy eating

Eating after a cancer diagnosis

Bone health

Feeding your family

Nutrition during pregnancy & breastfeeding

Nutrition for infants & toddlers

Food policies

Food safety and security

**Dietitian Services are free-of-charge to residents of B.C.**



**HealthLinkBC**