



Dietitian Services at HealthLink BC

Registered Dietitians at HealthLink BC offer food and nutrition information, education and counselling to B.C. residents and health professionals.

Our team of Registered Dietitians have university degrees and practical training in nutrition and dietetics and are registered through the [College of Dietitians of British Columbia](#). Dietitians advise people of all ages on healthy eating and nutrition practices to support their overall health and wellness.

Our dietitians can:

- Assess your food and nutrition needs
- Work with you to develop a practical and healthy eating plan
- Provide tips for meal planning, shopping, and cooking
- Help you create or adjust your nutrition goals
- Answer your questions about nutrients, supplements, weight management, food safety and school food policies
- Provide medical nutrition therapy to help manage chronic diseases like diabetes and heart disease, digestive conditions and food allergy
- Connect you with other health care professionals, programs, and services

Registered Dietitians also provide specific support for kids through the Pediatric Nutrition Service and cancers through the Oncology Nutrition Service. You do not need a referral to access these Services or the general support described above.

Pediatric Nutrition Service

Pediatric Nutrition Service dietitians support the nutritional well-being of infants, children and youth, including children with special health needs. They can help with concerns such as feeding problems, food allergies, growth above or below expected patterns, and vitamin and mineral supplementation.

Oncology Nutrition Service

Oncology Nutrition Service dietitians are available to support people who have or have had cancer. They can talk to you about cancer prevention, nutrition during or after treatment and supporting family or friends with cancer.

Hours of Operation: Monday to Friday 9am - 5pm Pacific Time



Call **8-1-1** (or **7-1-1** for the hearing impaired) to speak to a registered dietitian. Translation services are available in over 130 languages.



Email a HealthLink BC Dietitian a food or nutrition question:
www.healthlinkbc.ca/healthy-eating-physical-activity/email-healthlinkbc-dietitian.

Visit the HealthLink BC website for reliable food and nutrition information and resources, and to learn about making healthy eating and lifestyle choices:

www.healthlinkbc.ca/healthy-eating-physical-activity.



HealthLink BC

HealthLink BC provides reliable non-emergency health information and advice in British Columbia. Information and advice are available by telephone, on our website and mobile app, and in a collection of print resources. You may call HealthLink BC at **8-1-1** toll free in B.C. For more information visit: www.healthlinkbc.ca.



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