

# **We are dietitians**

**Essential partners in health**



**Registered dietitians help  
people of all ages prevent and  
treat chronic diseases**

**Translate the science of  
nutrition into practical  
advice and information**

**Are committed to continuous  
training and development to  
support their practice**

# We are dietitians

Essential partners in health

Dietitians work with you to find solutions that factor in your:

Taste

Culture

Budget

Lifestyle

They can support you in the following areas:

Infant feeding

Pregnancy

Digestive issues

Diabetes

Malnutrition

Picky eating

Food allergies

Heart health

Menu planning

And more!

## Finding reliable nutrition information



Get inspired and find recipes that align with your personal goals at [www.ahs.ca/Recipes](http://www.ahs.ca/Recipes)

Visit [www.healthyeatingstartshere.ca](http://www.healthyeatingstartshere.ca) for resources that support healthy eating environments in schools, childcare centers and early learning, workplaces and your community

## How to access a dietitian



Free!  
Online workshop  
for parents and  
caregivers of  
children  
age 6-12

Mealtime Struggles in School-Aged Children:  
Building Trust, Confidence, and Feeding Skills

### Public health group classes

Learn about healthy eating during pregnancy, feeding babies, or managing mealtime struggles. Register for these free classes at 1-403-356-6387 or [AHS Nutrition Classes](#)

### Alberta Healthy Living Program

Are you looking for ways to:

- Manage a chronic health condition or disease.
- Get on top of meal planning.
- Wake up rested after a great night's sleep.
- Reduce stress.
- And so much more.

Adults living in Alberta can self-refer to any workshops or classes. Check out our education guide to find a class that fits your learning interests.

Visit the following website to learn more and register:  
[www.ahs.ca/AHLPWorkshops](http://www.ahs.ca/AHLPWorkshops)



### Nutrition questions?

Visit [ahs.ca/811](http://ahs.ca/811) or call 811 and ask to speak to a dietitian!