

Dietitian Tip **July**  
Tuesday **7/20**

# What To Expect When Working With a Registered Dietitian

*Dietitians just give you a meal plan and set you on your way! Just kidding. Dietitians do a LOT more than that!*

## Dietitians:

- Specialize in translating nutrition research and knowledge into everyday life
- Assist you in building lasting skills and knowledge related to food and eating
- Focus on supporting you in behaviour change to influence health outcomes
- Recognize the importance of your relationship with food and in your eating decisions
- Work closely with you to create a strategy that will work for you, usually without a meal plan

Find more information on nutrition and healthy eating at  
[www.grandeprairiepcn.com/resources/dietitiantip](http://www.grandeprairiepcn.com/resources/dietitiantip)

