

## FAQ Document

### About the program:

The purpose of the 'Ask the Dietitian' program is to help you to make healthier and more informed choices both on and off campus. Many individuals follow specific diets due to chronic diseases or illnesses, allergies or intolerances, dislikes and, cultural preferences and often lack the support needed to follow these diets especially students who are living away from home. Members of the university may also be unsure of meals they are able to consume on-campus that are compliant with their diets. The 'Ask the Dietitian' program enables you to ask a dietitian nutrition-related questions and receive timely responses.

### What is a Registered Dietitian?

Registered Dietitians translate scientific research into practical solutions. They work with you to help you feel your best. Registered Dietitians can provide:

- Tips and healthy recipes to help plan, shop for and cook healthy meals for you and your family
- Information to help you interpret food labels, the latest food trends and diets
- Support to improve your relationship with food
- Individualized counselling and advice on whether you need a vitamin or mineral supplement based on your health needs.

Customized meal plans to help you:

- manage food allergies and intolerances or digestive issues
- get the most from your workouts
- prevent and manage chronic diseases like diabetes, heart disease, high blood pressure, cancer and kidney disease

[www.dietitians.ca](http://www.dietitians.ca)

### How the program works

E-mail [AsktheDietitian@centennialcollege.ca](mailto:AsktheDietitian@centennialcollege.ca) and within 3 business days you will receive an e-mail with the answer to your question.

### Examples of questions that we are able to answer:

We are able to answer questions on food, healthy eating and nutrition related to chronic diseases; however we are unable to answer questions related to individual cases or offer individualized assessments, counselling, or medical diagnoses/opinions. If personal information is included in a question that is submitted it will be deleted immediately. 'Ask the Dietitian' is intended for informational and educational purposes only, and is neither intended nor implied to be a substitute for professional medical care or to apply to individuals with special medical needs. If you require personalized nutrition advice we are happy to help you locate the appropriate health professional in your area. A list of these services is available in our *Referral List* document

The following are some examples of food and nutrition questions that we can offer information on.

- What is a gluten-free diet?
- Becoming vegetarian
- Food choices with Canada's Food Guide
- Healthier eating on a student budget
- Healthy snacking