



Winnipeg Regional Health Authority
Caring for Health

Office régional de la santé de Winnipeg
À l'écoute de notre santé

Dial-a-Dietitian
1-877-830-2892
Call 788-8248 in Winnipeg

MEDIA RELEASE

March 21, 2012 – *for immediate release*

Today is National Dietitians Day

**In Manitoba, call Dial-a-Dietitian for free advice
from a registered dietitian**

Today marks the third anniversary of Dietitians Day in Canada – a day to spotlight the profession and remind Canadians that dietitians are the smart choice for advice on healthy eating.

Manitobans looking for clear, practical nutrition information they can trust simply need to Dial-a-Dietitian – for free! No referral necessary! It's as easy as calling **204-788-8248** in Winnipeg or toll free **1-877-830-2892** from anywhere in Manitoba. The service is available in English, French and over 100 other languages.

Dial-a-Dietitian helps Manitobans make better food choices and improve their health.

“We know people want to make healthy food choices for either themselves or for others, but this can be a daily challenge,” said Coralee Hill, a registered dietitian at Dial-a-Dietitian. “Making sense of nutrition information and receiving personal and practical advice is easy when you speak with a dietitian.”

Callers typically are seeking information to learn about eating healthier, feeding their families, food safety and more.

People who access the Dial-a-Dietitian regularly can't praise the service enough.

“We hear comments like, ‘Our family mealtimes are much more pleasant ... I now feel more confident in how I shop and cook my meals ... my blood glucose levels are stable and my doctor is pleased with the lifestyles changes I have made,’” said Hill.

Dial-a-Dietitian is funded by the Province of Manitoba, one of many healthy living resources and tools that are just a call or click away.

Connect with a registered dietitian by calling Dial-a-Dietitian or find out more about dietitian services by visiting the College of Dietitians of Manitoba* at www.manitobadietitians.ca.

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** The College of Dietitians of Manitoba is the regulatory body for the dietitians in the province of Manitoba and is dedicated to protecting the public. Through the Registered Dietitians Act of Manitoba, the College establishes scope of practice, determines education standards and sets a framework for continuing competence for Registered Dietitians in the province.*