

EatRight Ontario



A place to go for trusted nutrition and healthy eating information!

Do you have questions about nutrition and healthy eating?

Connect to a Registered Dietitian for **FREE!**

Here are some commonly asked questions that our Registered Dietitians are ready to answer:

- How do I lower my risk of heart disease?
- What are some tips for weight loss?
- I just found out I have diabetes. Where can I go to for help?
- What should I feed my baby?
- What are whole grains?
- How much fibre should I be eating?
- How much protein should I eat if I'm trying to bulk up?

What is **EatRight Ontario** all about?

Dietitians of Canada and the Ministry of Health Promotion are working together to give the people of Ontario more ways to connect with a Registered Dietitian and get trusted advice on healthy eating for **FREE**.

EatRight Ontario (ERO) lets you connect to a Registered Dietitian in three different ways:

1

Talk to a Dietitian 1-877-510-510-2

Call toll free from anywhere in Ontario to speak directly to a Registered Dietitian. Dietitians can answer your questions, send you additional information and even put you in touch with community services. The service is available in English, French and over 100 other languages.

2

Email a Dietitian

www.Ontario.ca/EatRight

Visit the EatRight Ontario website to email your nutrition question at anytime. A Registered Dietitian will email you a personal reply in 3 business days or less!

3

Visit the EatRight Ontario Website

www.Ontario.ca/EatRight

Explore the website by topic or search through an online library of articles on popular nutrition topics, answers to frequently asked questions, tips and recipes.

Call toll free: 1-877-510-510-2 VISIT www.Ontario.ca/EatRight

EatRight Ontario

What is your nutrition question?

ERO can help with...

- Weight loss
- Diabetes
- Infant feeding
- Making choices at the grocery store
- Constipation or gas
- Feeding a picky eater
- Supplements, vitamins and minerals

... and any other healthy eating question.

www.Ontario.ca/EatRight



EatRight Ontario Dietitians are:

- ✓ Qualified, registered professionals
- ✓ Knowledgeable
- ✓ Up-to-date with the latest information
- ✓ Experienced
- ✓ Putting clients first
- ✓ Friendly
- ✓ Energetic
- ✓ Ready to help

Call toll-free 1-877-510-510-2 from 9 am to 5 pm ET Monday to Friday; Evening hours Tuesday and Thursday to 9 pm ET.

What EatRight Ontario Users Have Said

"I've called before and it was really helpful. I trust this service."

"I was pleased at how friendly and fast the service was."

"Wonderful idea. Absolutely great service."

"You have made a huge difference in my life."

"I refer clients to your service all the time."

"This service is great, as well as the website."

"You've been very helpful. It's a great service."

"Thanks for being there."