

What the Primary Care Registered Dietitian can offer:

- advice on whole foods, healthy eating and nutrition for overall health and wellness
- medical nutrition therapy for the prevention, delay and management of disease
- empower patients to embrace food, to understand it, enjoy it and support healthy living
- education on meal planning, preparation and food choices

Refer patients for:

- nutritional screening and assessments that address the social determinants of health (i.e. pre/postnatal nutrition)
- calculating fluid and energy requirements with consideration to normal growth/development
- review of lab results to help inform nutrition diagnosis and make recommendations
- breastfeeding support; monitoring of childhood growth/development
- effects of medication on nutritional intake
- disordered eating
- pre-surgical optimization/post-op nutrition, vitamin and mineral deficiencies, acute malnutrition
- digestive disorders (i.e. IBS, IBD, celiac, GERD), chronic diseases (i.e. kidney, liver, cardiovascular, obesity, diabetes), cancer, food allergies, dysphagia, weight inclusive approaches to health
- palliative care needs regarding comfort eating, symptom management and ethics of feeding
- education on nutrition and food literacy
- recommendations to community resources (i.e. food banks, community meal programs)
- accessing resources for food insecurity

How to refer:

- Patients can be referred through the PCN hub by a GP/NP/Health Care Professional
- Fax the [PCN referral form](#) or a consult note to the PCN hub at 844-961-3410