

Dietary Services

How we can help

For a lot of people, eating right can be challenging at the best of times – it can be even harder when you're sick. Proper nutrition is very important to getting well and feeling better, and a Dietitian can help make sure you are eating the right food in the right amounts to give you the best chance to regain your strength and enjoying better health.

What you can expect

If your Care Coordinator has suggested that you could benefit from nutritional counselling, a Dietitian will contact you to assess your needs. They will work with you to develop a personalized nutrition plan that complements your health goals, and monitor and assess your progress.

You will learn more about Canada's Food Guide, the importance of eating a balanced diet, and how protein helps maintain strength and promote healing. Your Dietitian will explain how good nutrition affects your specific health condition or disease, and will teach family members and caregivers about how they can support you at home if you are having trouble eating enough, or the right foods. Your Dietitian can also identify other resources and support services available in your community.



Am I eligible?

You must be a resident of Ontario with a valid Ontario Health Card.

Contact Information

If you have any questions regarding this service, please contact: **310-2222** • ontariohealthathome.ca