



## Registered Dietitians in Peterborough Your Source of Reliable Nutrition Information and Services

### General Nutrition Information

(Have questions about nutrition and healthy eating?)

#### **Eat Right Ontario**

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

To speak to a Registered Dietitian, call 1-877-510-5102

#### **Peterborough County-City Health Unit**

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

To speak to a Registered Dietitian, call (705) 743-1000

#### **Health for Life Supermarket Tours**

[www.healthforlifepeterborough.ca](http://www.healthforlifepeterborough.ca) Call the Canadian Diabetes Association to register for a free supermarket tour with a Registered Dietitian. (705) 742-2733

### Nutrition Counselling

#### *Health Concerns*

**Family Health Team Dietitians:** Ask your physician for a referral for nutrition counselling.

**Private Practice Dietitian:** Lise Leahy, RD (705) 652-0295. Specializes in weight concerns and feeding relationships. Fee for services – leave a message on answering machine.

**Central East Community Care Access Centre – Peterborough Branch:** (705) 743-2212

Visit their web site for more information about these services [www.ccac.ont.ca](http://www.ccac.ont.ca)

#### *Celiac Disease*

**Celiac Association – Peterborough and Area Chapter:** Visit their web site for more information about these services. [www.celiacpeterborough.ca](http://www.celiacpeterborough.ca) Ellie Steele, RD (705)743-2212 #163; Laurie Bovair, Peer Counsellor (705) 745-4445

#### *Diabetes*

**Adult Diabetes Education Centre, Peterborough Regional Health Centre:**

(705)740-8324 or 1-800-953-9321. Physician or self referral. Staffed by Certified Diabetes Educators (Registered Dietitians & Registered Nurses). Visit their web site for more information about these services. [www.prhc.on.ca](http://www.prhc.on.ca) or [www.diabetesontario.org](http://www.diabetesontario.org)

## *Diabetes*

### **Pediatric Diabetes Program, Peterborough Regional Health Centre:**

(705)740-8055 or 1-866-882-3691. Physician or self referral. Visit their web site for more information about these services. [www.prhc.on.ca](http://www.prhc.on.ca) or [www.diabetesontario.org](http://www.diabetesontario.org)

## *Eating Disorders*

### **Women's Health Care Centre, Peterborough Regional Health Centre:**

(705) 743-4132 or 1-800- 419-3111. For women and men, 18 years of age and older. Visit their web site for more information about these services. [www.prhc.on.ca/womenshealth](http://www.prhc.on.ca/womenshealth)

### **Family and Youth Clinic, Peterborough Regional Health Centre: (705) 876-5114**

For children and youth under 18 years of age. Visit their web site for more information about these services. [www.prhc.on.ca](http://www.prhc.on.ca)

## **Recommended Web Sites**

### **Eat Right Ontario** [www.eatrightontario.ca](http://www.eatrightontario.ca)

This web site includes Healthy Eating Fact Sheets and Recipes.

### **Dietitians of Canada** [www.dietitians.ca](http://www.dietitians.ca)

This web site includes interactive tools such as a Recipe Analyzer and Eat Tracker as well as recipes and healthy eating fact sheets.

### **Canada's Food Guide** [www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide)

This web site has information about the new food guide and interactive tools including My Food Guide and My Food Guide Serving Tracker.

### **Peterborough County-City Health Unit** [www.pcchu.ca](http://www.pcchu.ca)

This web site includes nutrition information and recipes. Click on "Meals in Minutes" in left side bar. For nutrition information, click on TOPICS and then NUTRITION.

### **Healthy Eating Is In Store For You** [www.healthyeatingisinstore.ca](http://www.healthyeatingisinstore.ca)

This web site includes nutrition label reading information and an interactive Virtual Grocery Tour.

### **Not Going To Kill You** [www.notgoingtokillyou.ca](http://www.notgoingtokillyou.ca)

This web site is for youth interested in healthy eating and physical activity.

### **Smart Mouth** [www.smart-mouth.org](http://www.smart-mouth.org)

This web site includes a great interactive tool called "Choose Your Chews" which allows you to see how your favourite foods stack up in terms of calories and saturated fats.