



UnlockFood.ca is your go-to place for:

Easy to understand information on
nutrition, food, healthy eating and
disease prevention.

Brought to you by Dietitians of Canada



UnlockFood.ca™

Expert Guidance. Everyday Eating.
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UnlockFood.ca is:

- Written and reviewed by dietitians
- Recipes, videos and sample menus
- Hundreds of evidence-based articles
- Bilingual
- Award winning

Who are dietitians?

Dietitians deliver reliable life changing advice without fads and gimmicks. We collaborate with our patients, clients and communities to embrace food and to enjoy it. By translating the science of nutrition into terms everyone can understand, dietitians unlock the potential of food and support healthy living for all Canadians.

™Trademark of Dietitians of Canada

It's easy to find a dietitian near you: Go to dietitians.ca/find or check with your healthcare provider for dietitians covered provincially. Did you know that most employee health benefit plans cover dietitian services? Check your plan today.

