Take-Away Tip:

Why Consult a Dietitian?

When it comes to your health, it’s important to make sure that you are getting the best and most reliable information. Consulting with a Registered Dietitian (RD) ensures that you are getting up to date and scientifically based recommendations from a professional who is accountable for their knowledge and expertise.

Overnight Kale Salad

Prep Time: 20 min + overnight marinade

- 3 Tbsp white wine vinegar
- 2 Tbsp finely minced shallot
- 1 Tbsp honey
- 1 Tbsp extra-virgin olive oil
- 1 tsp salt
- 1/8 tsp black pepper
- 2 bunches dinosaur or curly kale (about 1 lb, center ribs and stems removed, leaves sliced into thin ribbons)
- 1/3 cup pomegranate seeds
- 1/4 cup grated Pecorino Romano cheese
- 2 Tbsp toasted pine nuts

1. Whisk together vinegar, shallot, honey, olive oil, salt, and pepper.
2. Toss kale in dressing to coat evenly. (The dressing will seem light, but the kale will wilt down to half its volume.)
3. Transfer kale to a lidded container and refrigerate overnight. To serve, divide kale among plates and top with pomegranate seeds (or dried cranberries), grated cheese, and pine nuts.

Makes 4 servings.

Dietitian or Nutritionist: What’s the Difference?

- The titles “Dietitian” or “Registered Dietitian” are protected by law in Ontario. This means that only someone who has met specific educational and professional requirements is legally allowed to use these titles, or the initials RD.
- Dietitians (like doctors) have a Professional College that requires high standards of practice. As a member of the college, all Registered Dietitians must practice according to set standards and laws that protect the public.
- The terms “nutritionist” or “registered nutritionist” are not protected titles in Ontario. This means anybody can call themselves a nutritionist and there are no standards for their quality of care.

Why Meet with a Dietitian?

A dietitian can help you with a wide variety of health issues. Just a few examples include:

- Achieve & maintain a healthy weight without dieting
- Increase energy: get a plan for meals and snacks
- Improve performance: sport nutrition
- Support those with eating disorders
- Manage food allergies/intolerances: (i.e. lactose intolerance)
- Prevent heart disease: learn how fat, salt & sugar affect your heart
- Prevent and manage diabetes
- Avoid nutrient deficiencies: Iron, B12, Calcium
- Get inspired: seminars, recipes, ideas, support

Consulting a Registered Dietitian is an important part of living a healthy lifestyle. Book your appointment today to make sure you’re getting the most out of your eating.

Reference: www.eatrightontario.ca

Lisa Armstrong is a Registered Dietitian at the Health and Performance Centre. Lisa helps individuals optimize their eating for weight loss, reducing cholesterol, managing diabetes, maximizing energy and many other nutrition related health consultations. Additionally, Lisa also works with athletes of all levels to improve health and performance. Book an appointment with Lisa to get the most out of your eating & exercise.

To make an appointment, contact our HPC reception staff at 519 767-5011 ext. 1. Email Lisa with any questions at larmstro@

Bring this flyer to your first appointment and receive 20% off of your nutritional assessment.