

Nutrition

Special Panther Prints Mini-Supplement

Dietician, Nutritionist, Home Economist What Do These All Mean?

by Katherine Schaefer

People are often puzzled with so many different labels for these health professionals. When you decide to make healthier meals for your family, where can you get good advice? If you have a question about food labelling or food safety, who should you ask? If your son seems to have a food allergy, who can help you?

Dieticians

Dieticians have a university degree with a specialization in foods and nutrition

and a minimum of one year additional training. Dieticians know how food, nutrition, and health are related and can translate the science of nutrition into healthy eating.

Dieticians work in private businesses, nursing homes, hospitals, communities, universities, government, industry, and as private consultants. In some of these positions, the job title used is Nutritionist (i.e. Community Nutritionist).

In PEI, provincial legislation insures that only individuals with appropriate

education and training can use the title dietitian registered dietitian or the initials R.D. after his or her name.

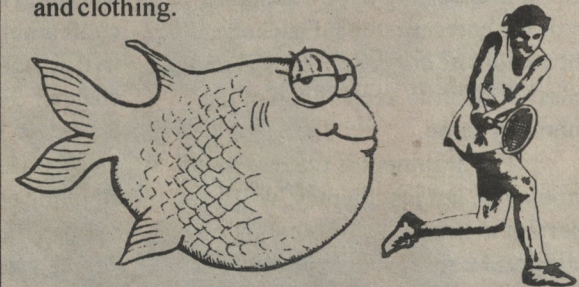
People who call themselves nutrition experts, nutritionists etc. do not necessarily have the proper education and training. Ask about their qualifications.

Dial-a-Dietician (892-1000 or 1-800-461-1952) will answer your nutrition question or will refer you to a dietitian in your area.

Home Economists

Home economists also have university degrees.

For some, the focus of the degree is foods and nutrition. Others may specialize in family studies or textiles and clothing.



In all cases, a degree in home economics emphasizes the well being, quality of life and empowerment of individuals and families. Home economics is a broad field that serves families as they strive to meet five basic human needs in their day-to-day lives:

- Human development and family relations
- Consumption life style and resource management
- Foods and nutrition
- Clothing and textiles
- Shelter and housing

Home economists work in education, government, community, private business, industry, schools, universities, the media, and as private consultants. Some dietitians are also home economists, but this is not always so.

Dieticians and home economists have skills and knowledge that are complementary in many situations. Both can be helpful in answering questions similar to those posed above.

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