

Healthy advice a call away

BY MICHAEL POWER
Staff Writer

Not sure what to eat while pregnant?

Wondering if you have a food sensitivity to that handful of almonds you just ate? A little nutritional advice is just a phone call away.

The province established a nutrition hotline called EatRight Ontario that has registered dietitians on hand to field food and nutrition-related questions.

The hotline is 1-877-510-5102 and operates from 9 a.m. to 5 p.m., Monday to Friday.

The answers provided by the team of three full-time dietitians at a Toronto call centre are free.

The call centre was developed with the Dietitians of Canada and the province hopes it will especially benefit rural residents, where registered dietitians aren't easily accessible.

"We know that the public is interested in nutrition," Helen Haresign, vice-president of development for Dietitians of Canada, said in a release.

"EatRight Ontario gives

Ontarians better access to an authoritative information source that can help guide their daily food choices."

The hotline can also provide service in other languages by matching a caller with an English-speaking dietitian and the two would then communicate through a translator, said Health Promotion Ministry spokesperson Gillian MacDonald.

Translators are available for 120 languages, including Chinese, Korean, Polish, German, Punjabi, Arabic and Italian.

The service was launched July 18 and so far has received more than 300 calls.

"We recognize that not everyone has access to a dietitian, so it's working out really well so far," Ms MacDonald said.

"It (the hotline) is really to get people the correct information and help them prevent the onset of disease."

The service includes a website, www.ontario.ca/eatright, which features nutritional information and healthy living tips.

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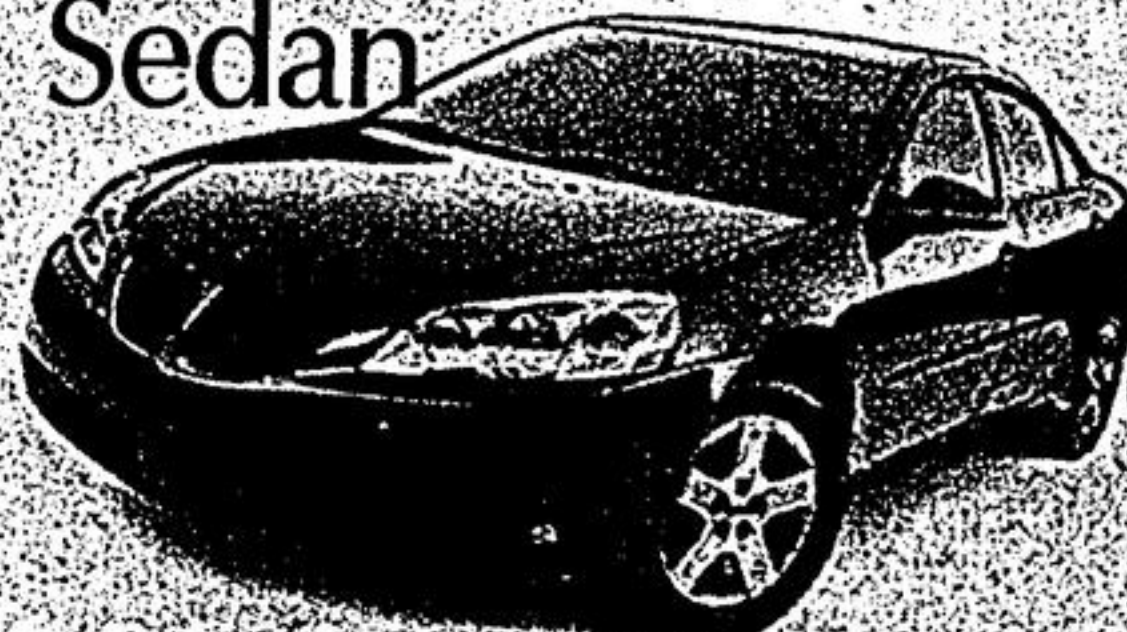
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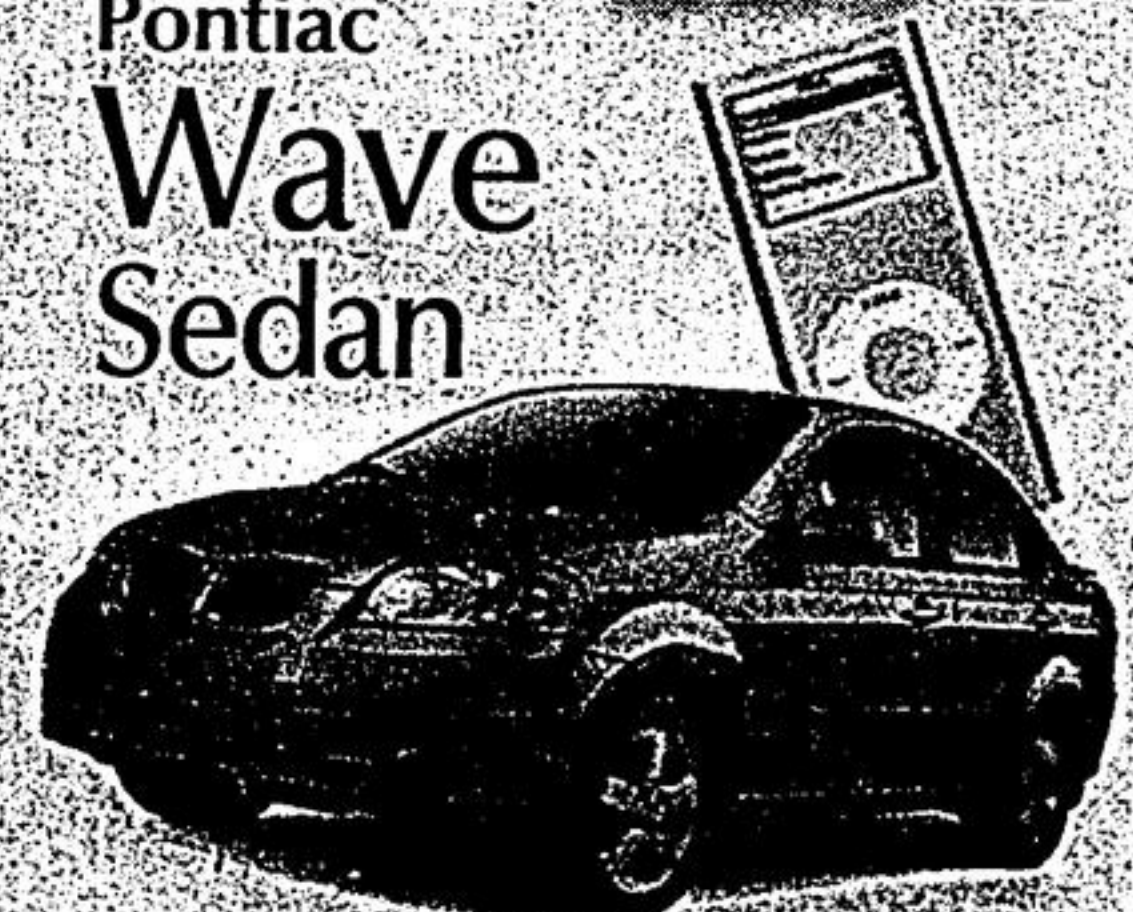
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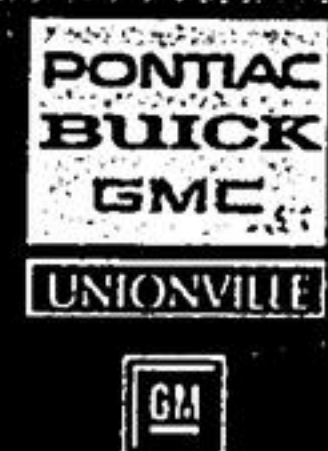
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Think You've Heard It All?

by Lorraine Kennedy Vosu
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