



# Alberta Healthy Living Program

*Formerly* Living Well with a Chronic Condition

## Alberta Healthy Living Dietitians

The role of the Dietitian within Alberta Healthy Living Program is to provide nutrition education to clients. Clients can access nutrition information by attending a nutrition class or by meeting with a Dietitian for an individual nutrition assessment.

These services are free of charge and available at many locations around the city.

Dietitian counselling is also available in Hindi, Punjabi and Cantonese.

### **Referral Information Calgary Zone**

**For Information and to Register: 403-9-Health (403-943-2584)**

**Fax: 403-955-6868**

**For Cantonese: 403-955-6857**

**For Hindi and Punjabi: 403-955-6856**

**[www.albertahealthservices.ca/cdmcalgaryzone.asp](http://www.albertahealthservices.ca/cdmcalgaryzone.asp)**

### **Individual Nutrition Assessment**

Clients with the following conditions may benefit from an individual assessment with the Dietitian:

- Diabetes
- Dyslipidemia
- Food Allergies/ Intolerance
- Gastrointestinal Diseases: Celiac Disease, IBS, Diverticular disease, Inflammatory bowel disease, Gastroesophageal Reflux (GERD), Short bowel
- Hypertension
- Kidney Disease
- Malnutrition, unintentional or unexplained weight loss
- Nutrient deficiencies
- Obesity
- Prediabetes, Impaired Fasting glucose (IFG), Impaired Glucose Tolerance (IGT)
- Prenatal concerns: i.e. excess or inadequate weight gain
- Liver disease i.e. Fatty Liver, Cirrhosis, Hepatitis

## Nutrition Education Classes

Facilitated by Registered Dietitians

Class Name	Who is the class for?	Description
<b>Eating Well for Good Health</b>	People who want to learn more about nutrition to help manage a chronic condition	<ul style="list-style-type: none"> <li>• Healthy eating</li> <li>• Facts on fat, fibre and sodium, and label reading</li> </ul>
<b>Prediabetes- Reducing your Risk</b>	People diagnosed with prediabetes or at risk for diabetes	<ul style="list-style-type: none"> <li>• Nutrition and lifestyle tips to prevent or delay the onset of diabetes</li> </ul>
<b>Celiac Disease Going Gluten Free</b>	People diagnosed with celiac disease or dermatitis herpetiformis	<ul style="list-style-type: none"> <li>• Learn about healthy gluten-free eating</li> <li>• Shopping and label reading for gluten free foods</li> </ul>
<b>Eating Well and Managing Irritable Bowel Syndrome</b>	People diagnosed with irritable bowel syndrome (IBS)	<ul style="list-style-type: none"> <li>• Nutrition and lifestyle choices to manage IBS</li> <li>• Learn about food triggers, elimination diets, fibre and managing symptoms</li> </ul>
<b>Eating Well with Fatty Liver Disease</b>	People diagnosed with non-alcoholic fatty liver disease	<ul style="list-style-type: none"> <li>• Nutrition and weight loss tips to help manage fatty liver disease</li> </ul>
<b>Eating Away From Home and During Special Occasions</b>	People who want to learn more about nutrition to help them manage their weight	<ul style="list-style-type: none"> <li>• Ways to minimize extra calories when eating away from home and at special occasions</li> </ul>
<b>I Know I Should Eat Healthy, But How?</b>		<ul style="list-style-type: none"> <li>• Tips on how to put your nutrition knowledge into practice</li> <li>• The 4 P's: Plan, Purchase, Prepare and Pack</li> </ul>
<b>The Top 5 Tips to Reduce Calories</b>		<ul style="list-style-type: none"> <li>• About calories and facts about managing your weight</li> <li>• The top 5 tips to lower calories</li> </ul>
<b>The Truth About What Works in Weight Management</b>		<ul style="list-style-type: none"> <li>• Evaluate what you are eating and strategies that can help lower your calories</li> <li>• Learn how meal patterns, food choices and portion size affect calorie intake</li> <li>• Learn about foods that can help you manage your weight</li> </ul>

Co-facilitated by a Registered Dietitian and a Registered Nurse

Class Name	Who is the class for?	Description
<b>Cholesterol and Blood Pressure Essentials</b>	People diagnosed with high blood pressure, high LDL cholesterol, dyslipidemia, or high triglycerides	<ul style="list-style-type: none"> <li>• Ways to improve your cholesterol, triglycerides, and blood pressure through lifestyle changes and healthy eating</li> </ul>
<b>Diabetes Essentials</b>	People diagnosed with type 2 diabetes	<ul style="list-style-type: none"> <li>• What is diabetes</li> <li>• How to eat healthy with diabetes</li> <li>• Ways to lower your blood sugar</li> <li>• What your lab tests mean</li> </ul>

*For more information call 403-9-Health (943-2584)*