



"Building relationships is the key to understanding the needs of each individual. In order to ensure a better lifestyle for my clients, my aim as a dietitian is to provide enlightening and comprehensive education for appropriate healthy eating."

ALI J. CHERNOFF, BSc., R.D.N.

EDUCATION:

- BSc., Honors Home Economics in Foods & Nutrition - University of Western Ontario, June 1997
- Executed a self-directed internship that was approved by Dietitians of Canada, October 2001

NUTRITION CONSULTING EXPERIENCE:

- Crofton Manor
- Delta Hospital
- Dial-A-Dietitian
- Louis Brier Home and Hospital
- Mount Saint Joseph
- Peace Arch Hospital
- St. Paul's Hospital
- Vancouver General Hospital including the Allergy Nutrition Clinic
- Vancouver/ Richmond Health Board
- Villa Carital
- Webofcare.com
- Yaletown House

PROFESSIONAL ASSOCIATIONS:

- Dietitians of Canada
- British Columbia Dietitians' & Nutritionists' Association
- Centre for Science in the Public Interest

To find out more on how a R.D.N. can help you maintain a healthy lifestyle, contact:

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No referrals are necessary to book an appointment.



How Fit is your Food Style?

Ali J. Chernoff

Registered Dietitian & Nutrition Consultant



What is a Registered Dietitian/ Nutritionist?

A Registered Dietitian/ Nutritionist, (R.D.N.) is a health professional that can provide extensive knowledge on healthy eating. Registered dietitians are trained to educate individuals on the benefits of safe and reliable dietary practices. They provide their services in hospitals, community based settings, health care facilities, foodservice companies, and private practices.

Registered Dietitians are your trusted experts that are well educated.

Educationally, a licensed R.D.N. requires having both a Bachelor of Science degree in Foods and Nutrition, plus a one-year dietetic internship program or a nutrition master's degree.

Law protects all the titles of "Registered Dietitian", "Professional Dietitian" and "Dietitian". Only those who have met national standards can use these titles.

The letters R.D., R.D.N., P.Dt., Dt.P., or R.Dt. are the legal designations for qualified Registered Dietitians of Canada.

R.D.N.'s must take ongoing continuing education classes to maintain their license each year. Additionally, in every province, practicing dietitians are regulated, ensuring that you are receiving safe and ethical advice. A Registered Dietitian/ Nutritionist is the best professional consultant for any nutrition issue.

How Can You Benefit from a Registered Dietitian/ Nutritionist ?

- ✓ Quick and easy meals on the run
- ✓ Lifestyle nutrition
- ✓ Finding the right balance of nutrients including, carbohydrates, fats, proteins, water, vitamins, and minerals
- ✓ Maintaining or working towards a healthy weight
- ✓ Basic menu planning
- ✓ Vegetarian menu planning
- ✓ What to eat when you are pregnant or planning to have a baby
- ✓ How to read food and nutrition labels

Diabetes Education

- Balancing your meals
 - Maintaining or working towards a healthy weight
 - Creating even carbohydrate distribution
- "Healthy eating is the cornerstone of managing your diabetes"* Guidelines for the Nutritional Management of Diabetes Mellitus in the New Millennium, 1998

Feed Your Kids

- Introducing the right foods for infants
 - Finding the healthy balance for picky eaters
 - What to eat when you are pregnant or planning to have a baby
- "From the moment of conception, the human organism depends on nutrition for growth, development, and long term survival"* according to Nutrition Throughout the Life Cycle, 1992

Sports Nutrition

- Helping improve your athletic performance
- Increasing your energy level
- Finding the right balance of nutrients, including protein, carbohydrates, vitamins, minerals, water, and fats to act as your *teammate* to provide good nutrition

"Among athletes, the right food choices are an important part of the 'winning edge'" Sport Nutrition for the Athletes of Canada, Sport Medicine & Science Council of Canada, 2001

Food Allergies

- Reducing symptoms such as headaches, swelling, itchiness, redness, or hives
- Learning about the right foods
- How to read food and nutrition labels

"Symptoms depend on the level of excess histamine in the body and by reducing exposure to histamine-releasing events... is to avoid consumption of histamine-containing... foods" Dr. JM Joneja, PhD, R.D.N., Allergy Nutrition Research Program, VHHSC, June 2000

Healthy Heart Tips

- Reducing high cholesterol
 - Learning about healthy fats
 - Heart Smart ideas for dining out
- "...eating a healthy diet and controlling your salt intake can lower your blood pressure"* Heart and Stroke Foundation of Canada & Health Canada, 2001

