

NUTRITION CARE OUTSIDE OF THE CANCER CENTRE

For patients in Waterloo-Wellington

**This resource is for patients who
have nutrition questions:**

- Not related to your cancer diagnosis
- To lower your risk of cancer
- When having mild side effects from treatment
- After cancer treatment

Who can help?

A Registered Dietitian (RD) is a health care worker that can help with questions about food and nutrition. RDs are regulated health care workers that must follow practice standards to provide safe and ethical nutrition advice. RD work is governed by the College of Dietitians of Ontario.

While there are RDs available at Grand River Regional Cancer Centre, their services may not be for everyone. This resource shares different access points for reliable information approved by RDs. This information can help with things like:

- General healthy eating
- Eating for weight loss or weight gain
- Diet for heart health
- Diet for blood sugar control (diabetes)
- Special diet needs (kosher, halal, vegan, vegetarian)
- Eating disorders
- General cancer nutrition questions or concerns like:
 - How to reduce risk of cancer with diet
 - What to eat during cancer treatment
 - What to eat when dealing with mild side effects of treatment like:
 - Diarrhea (loose, watery poo) or constipation (hard poo or having a poo less often than what is normal for you)
 - Mouth sores
 - Low appetite but no weight loss
 - Taste changes
 - Heartburn
 - Dry mouth
 - Nausea (upset stomach)

Nutrition information access points can include:

- Free one-on-one RD services
- Free group nutrition classes
- RD approved websites
- Private practice (paid services)

Talk to your cancer health care team if you are:

- Not eating well
- Losing weight (without trying)
- Not able to manage side effects from your treatment

Free One-on-One RD Services

Where?	Details	Contact
Family Health Team	You must be a patient of a Family Health Team to access RD services	Call your Family Health Team to discuss how to access RD services
Leukemia & Lymphoma Society	Offers a phone consultation with an RD	Book the appointment here: linsntrition.org/schedule-a-dietitian-consultation
Ontario Health atHome	Offers in-home RD support for those who qualify	Your doctor or nurse can refer to this service Or call 519-749-2222 to see if you qualify for a self-referral
Ontario Health 811	Offers RD services over the phone	Call 811 (TTY:1-866-797-0007) Or use Live Chat to make a phone appointment: health811.ontario.ca
Waterloo Wellington Canadian Mental Health Association	Offers RD, Nurse Practitioner and Therapist support for those with eating disorders	To learn more about the Eating Disorders program or to get a referral call 1-844-HERE-247 (437-3247) or visit here247.ca
Waterloo Wellington Diabetes Program	Offers RD services if you are at risk or living with diabetes	Call 519-947-1000 ext 372 Or fill out the online self-referral form here: waterloowellingtondiabetes.ca/Public-Referrals
Woolwich Community Health Center (WCHC)	Offers RD services for people who live in Woolwich Region	To book an appointment: <ul style="list-style-type: none"> • For St. Jacobs, call 519-664-3794 • For Wellesley Township Community Health Centre, call 519-656-9025

Free Group Nutrition Classes

Where?	Details	Contact
BC Cancer Agency	Offers an RD-led virtual nutrition class	Visit website to register for next available class: bccancer.bc.ca/our-services/services/supportive-care/nutrition
Inspire Health	Offers virtual workshops and cooking classes	Visit website to book: inspirehealth.ca/programs-services/classes-programs/nutrition/
Waterloo Wellington Self Management Program	Offers virtual or in-person workshops	Visit website to view workshops and register: wwselfmanagement.ca
Wellspring Cancer Support	Offers virtual or in-person programs	Visit website to view online programs and register: wellspring.ca/programs

Paid RD Services

Many health plans will cover the cost of RD services. Call your benefit provider before you book a visit to be sure. Make sure to confirm that you are booking with a Registered Dietitian for nutrition care.

Where?	Details	Contact
Private Practice	RD service through local business (for example, some RDs are self-employed)	Search for an RD near you on the Dietitians of Canada website: dietitians.ca

RD Approved Websites

Where?	Details	Link
BC Cancer Agency	Cancer-related nutrition guides, handouts and videos	bccancer.bc.ca/health-info/coping-with-cancer/nutrition-support
Canadian Cancer Society	Cancer-related nutrition information	cancer.ca/en/cancer-information/resources/publications/eating-well-when-you-have-cancer
Cancer Care Ontario	Cancer-related information to help with symptoms, side effects and well-being	cancercareontario.ca/en/symptom-management
Government of Canada	Canada's food guide	food-guide.canada.ca/en
UnlockFood.ca	Nutrition information for many different topics	UnlockFood.ca
Waterloo Wellington Regional Cancer Program Website	Regional cancer program support that includes symptom management guides	cancerwaterloowellington.ca

Visit the **J. Wesley Graham Patient and Family Resource Centre** for help finding credible information online or in print. You can find the resource centre on the main floor (3rd floor) of Grand River Regional Cancer Centre.

519-749-4300 ext. 2080
 info@jwesleygrahamrc.ca

Use this resource for your information only. It does not replace medical advice from your doctor or other health care professionals.



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www.cancerwaterloowellington.ca

