

Guidelines for Internationally Educated DIETITIAN in Ontario

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I. Pathway to Start Practice in Canadian System specifically in Province of Ontario

A. There is no bridging program for dietitians to become a registered dietitian (RD) from another health profession (e.g. physician). However, if you are an internationally educated dietitian, there is a program in each province with their own separate requirements that can help transition you to practice as an RD in Canada. Whatever province you decide to do the bridging, you will obtain your license as an RD to practice **only** in that province. If you wish to practice in another province, you will have to obtain your license there as well. Here are some examples of available programs for internationally educated RDs.

- i. Mount Saint Vincent in Halifax, Nova Scotia

<http://www.msvu.ca/en/home/programsdepartments/professionalstudies/appliedhumannutrition/bridgingprocessforinternationallyeducateddietitian.aspx>

- ii. Ryerson University in Toronto, Ontario

<http://ce-online.ryerson.ca/ce/default.aspx?id=3791>

B. According to Dietitians of Canada, anyone (international or local) wanting to become an RD in Canada must follow a 2-step process:

- i. **First Step:**

The first step is to earn a Bachelor's degree in food and nutrition in an accredited Canadian University usually a four-year program. You can also do integrated or partially integrated bachelor's degrees that include full or partial internship/practicum.

<https://www.dietitians.ca/Become-a-Dietitian/Education.aspx>

<https://www.dietitians.ca/Become-a-Dietitian/Internships-Practicum-Programs/Overview.aspx>

For example, the Food and Nutrition program at Ryerson University in Toronto, Ontario.

<http://www.ryerson.ca/programs/undergraduate/nutrition-food/>

Université d'Ottawa / University of Ottawa

<http://sante.uottawa.ca/nutrition/>

ii. **Second Step:**

The second step is to complete a supervised practical training as a practicum or internship. This can be done separately after completing an accredited undergraduate bachelor's degree which can be 35 to 40 weeks or can be post graduate through a master/practicum program such as the University of Toronto Masters of Public Health.

<https://www.dietitians.ca/become-a-dietitian/practicums/internship-routes.aspx>

<https://www.dietitians.ca/Become-a-Dietitian/Practicums/Internship-Routes.aspx#CombinedMasters>

<http://www.dlsph.utoronto.ca/program/mph-nutrition-and-dietetics/>

C. According to Dietitians of Canada, if you are an internationally educated dietitian, then the following steps should be followed:

1. Start by contacting a provincial dietetic regulatory body such as College of Dietitians of Ontario in the province where you plan to work to determine the requirements for registration to practice in that specific province like Ontario. The regulatory body will provide an assessment of whether you meet the requirements to practice as an RD in that province. Your assessment may require you to upgrade your education and/or practicum training.

<https://www.collegeofdietitians.org/>

2. If you don't meet the academic requirements, you can contact a university program that is nationally accredited and seek admission to their program or if available, apply to a bridging program for internationally educated dietitians.
3. If you don't meet practicum or internship requirements, you can apply to a program that is designed to provide Canadian practicum experience for internationally educated dietitians or apply for a post undergraduate combined masters program or a post undergraduate degree internship program.

<https://www.dietitians.ca/Become-a-Dietitian/Internationally-Educated/Internship-practicum-options-for-Internationally.aspx>

<https://www.dietitians.ca/Become-a-Dietitian/Internationally-Educated.aspx>

<http://www.dieteticregulation.ca/en/qualifying.php>

<https://www.dietitians.ca/Become-a-Dietitian/Practicums/Internship-Routes.aspx#CombinedMasters>

II. Exams to Complete to Practice in Ontario

According to Dietitians of Canada:

- “All provincial dietetic regulation bodies, except Quebec, require successful writing of the Canadian Dietetic Registration Examination (CDRE).
- In most provinces, the national Canadian Dietetic Registration Examination (CDRE) is a requirement for registration once academic and practicum requirements have been met. The CDRE is administered by the provincial regulatory body. To find out how to register in your province, contact your provincial dietetic regulatory board directly.”

<https://www.dietitians.ca/Become-a-Dietitian/Registration-to-Practice.aspx>

<https://www.dietitians.ca/Become-a-Dietitian/Internationally-Educated/Overview.aspx>

- In Ontario, the regulatory body is the College of Dietitians. You can access information about the exam format and dates at the following site:

<https://www.collegeofdietitians.org/Resources/Registration/How-to-become-a-Dietitian.aspx>

III. Applying for education and/or training in Ontario

As mentioned above, there are two possible pathways if you are an internationally educated dietitian.

According to Dietitians of Canada:

- If you were educated outside of Canada and have met the academic requirements of your provincial dietary regulatory body, you may still need to successfully complete an internship/practicum program in order to register as a dietitian in Canada.
- Apply for a program that is designed to provide Canadian practicum experience for internationally educated dietitians.
- One such programs exist in Ontario, **Certificate in Preparation for Practice in Canada for Internationally Educated Professionals in Nutrition**. This program is offered by Ryerson University in Toronto (Ontario) to prepare internationally educated dietitians living in Ontario for registration with the College of Dietitians of Ontario (CDO) and membership with Dietitians of Canada (DC).

<http://ce-online.ryerson.ca/ce/default.aspx?id=3791>

For more information about the Certificate email ied@ryerson.ca.

- Some Masters/practicum program accept applications from Internationally Educated Dietitians to complete practicum or internships. For information can be found on the Dietitian of Canada website.

<https://www.dietitians.ca/Become-a-Dietitian/Internationally-Educated/Internship-practicum-options-for-Internationally.aspx>

<https://www.dietitians.ca/Become-a-Dietitian/Practicums/Internship-Routes.aspx#CombinedMasters>

Fee:

- For the 2016/17 academic year, annual tuition for all 10 courses of the Certificate in Preparation for Practice in Canada for Internationally Educated Professionals in Nutrition, is C\$7221.88 approx.

<http://ce-online.ryerson.ca/ce/default.aspx?id=3796>

Immigrant Assistance Fund:

- There is financial assistance available for newcomers to Canada. One such assistance program is the Immigrant Assistance fund.

<http://www.iafcanada.org/>

IV. Alternate career options in health, food, and nutrition:

If you are not able to pursue a career as an RD in Canada. Here are some ideas of other career options in Ontario that can be pursued in the health, food or nutrition area. This is not an exhaustive list of all of the programs in Ontario but provides an overview and description of what kinds of career paths are available.

Duration of training for alternate career:

The duration varies depending on each program and also which college is chosen. They range from 8 months to 3 years in a college setting. Some colleges can provide exemptions of courses that are obtained outside of Canada from an international degree.

Positions for alternate career:

1. Ontario Colleges Nutrition Programs:

http://www.ontariocolleges.ca/SearchResults/HEALTH-FOOD-MEDICAL-NUTRITION/_/N-lo8x

2. Diet Technician:

<https://www.conestogac.on.ca/ipe/resources/professionals/dietitictech.jsp>

Expected salary: C\$34,057-\$46,066 annually approx.

3. Food and Nutrition Manager:

- Needs certification exam provided by Canadian Society of Nutrition Managers (CSNM).
- Depending on years of experience, salary range can be C\$29,805 - C\$64,156 approx. According to CSNM, an average of C\$53,314

<http://www.conestogac.on.ca/fulltime/nutrition-and-food-service-management>

<https://hrt.humber.ca/programs/food-nutrition-management.html>

<http://www.centennialcollege.ca/centennial-college-blog/2013/june/28/centennial-college-food-and-nutrition-management/>

<https://www.fanshawec.ca/programs-and-courses/program/fnm2-nutrition-and-food-service-management/next-year>

<https://www.georgebrown.ca/h402-2017-2018/>

4. Occupational Therapist or Physiotherapist Assistant:

- For information: <http://www.conestogac.on.ca/fulltime/occupational-therapist-assistant-physiotherapist-assistant>
- For a physiotherapist assistant, salary range C\$25,026 - C\$42,162 approx.
- For an Occupational Therapist C\$81,306-C\$96,712. This depends on a number of factors including industry, company size, location, years of experience and level of education.

5. Personal Support Worker:

- For information: <http://www.conestogac.on.ca/fulltime/personal-support-worker>
- The salary is at least \$16.50/ hour as of April 1, 2016.
- Salary range C\$26,797 - C\$44,576 approx.

6. Biotechnology Technician:

- For information: <http://www.conestogac.on.ca/fulltime/biotechnology-technician>

- Salary will vary but on average starts with C\$38,000 approx.

7. Chef:

- **For information:**

<https://www.georgebrown.ca/h119-2018-2019/>

<http://www.ontariocolleges.ca/SearchResults/CULINARY-HOSPITALITY-RECREATION-TOURISM-CHEF-CULINARY/ /N-1k91>

- For a chef, depending on the type of position and years of experience the salary can be C\$43,177 per year or \$22 per hour approx. Entry level positions usually start at C\$30,000 approx.
- For an executive chef can be range of C\$42,829 - C\$97,000.

8. Dental hygienist:

- The hourly rate will vary especially if you have your own business versus working at a dental clinic. The average range is C\$27.28 - C\$48.02 approx.
- Dental hygienists need to be pass a certification exam to practice and this is issued by the National Dental Hygiene Certification Board.

http://www.cdha.ca/cdha/Education/Students/Dental_Hygiene_Schools_Programs/CDHA/Education/Students/Dental_Hygiene_Schools_Programs.aspx?hkey=08fe7abf-d0e7-44c8-98ff-5a061e94ffbe#tabs-4

http://www.cda-adc.ca/cdacweb/en/search_for_accredited_programs/search1.asp?lstProvince=9&optProgram=2

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