



PRIVATE PRACTICE DIETITIAN SERVICES IN SASKATCHEWAN

Private Practice Dietitians set their own rates, so contact the individual dietitian or check their website for pricing. The costs for private practice dietitian services are covered by some insurance providers, so check your coverage.

This list is alphabetical by business name. Where applicable you will see the name of the dietitian and location of the business. **The majority of the private practice dietitians have an option to provide services virtually, so please contact them directly for more information.**

CONTACT LIST

ALYSSA FONTAINE RD

Website: www.alyssafontaine.com

Email: alyssafountainereid@gmail.com

Topics: Focus on vegetarian, plant-based and vegan nutrition. Services include, but not limited to: balanced diet, weight loss, sports nutrition, eating disorders, intuitive eating, pregnancy & lactation, toddlers/kids/teen, IBS, digestion, weight gain, diabetes, cholesterol and PCOS.

BEYOND BABY NUTRITION (LACEY ENGEL, REGINA)

Website: www.beyondbabynutrition.com

Email: lacey@beyondbabynutrition.com

Facebook: Beyond Baby Nutrition

Topics: Pregnancy and postpartum nutrition. Infant and child nutrition from 6 months to 6 years. Introduction to solids, picky eaters and practical strategies for raising happy, healthy intuitive eaters.

BLOOM NUTRITION (NATALIE CARREIRO AND BRITTON GILLEN, SASKATOON AND VIRTUAL)

Website: www.yourbloomnutrition.com

Email: hello@yourbloomnutrition.com

Topics: Nutrition for mom and baby, including nutrition support for postpartum nutrition, meal planning, meal prepping, introduction of solids, healthy eating habits and preventing picky eating.

BREASTFEEDING DIETITIAN (ROBYN PRICE, MOOSE JAW AND VIRTUAL)

Website: www.breastfeedingdietitian.com

Email: hello@breastfeedingdietitian.com

Instagram: @breastfeeding.dietitian

Topics: Nutrition and feeding assessments for parents and their infants who are 0-24 months of age experiencing: non-IgE or IgE allergies, sensitivities or intolerances, infant reflux, tongue tie and/or lip tie concerns, breastfeeding difficulties, bottle or breast refusal, growth concerns, gut health development concerns, weaning and pre-natal nutrition.

DIABETES TRAINING 101 INC. (MICHELLE ARCHER, REGINA AND VIRTUAL)

Website: www.diabetestraining.ca **Email:** info@diabetestraining.ca **Phone:** 306-501-9355 **Online**

Courses: <https://diabetes-training-101-inc.thinkific.com/>

Facebook: Diabetes Training 101 Inc.

Topics: Delivers in person or online diabetes education programs for anyone wanting to learn more about diabetes self-management education through the Diabetes Manager University (DMU) training program and the Discovering Diabetes Self-Management curriculum and related courses.

DIRECT DIETITIAN SERVICES (REBECCA PICOT)

Email: rebecca@directdietitian.ca **Website:** directdietitian.ca

Phone: 639-318-0288

Instagram: @directrdservices

Topics: Build lasting healthy eating habits through one-on-one and/or group options that focus on meal planning for busy days.

ELEVATE NUTRITION AND WELLNESS (JAMES BAYNE, SASKATOON)

Website: www.elevatenutritionandwellness.ca **Email:** elevatenutritionandwellness@gmail.com

Facebook/Instagram: @elevateyxe

Topics: Virtual and in person counselling for individuals, groups and corporate wellness initiatives; clinical based approach to preventing and managing chronic conditions including cardiovascular, kidney and digestive conditions by supporting the creation of healthy relationships with food and daily physical activity.

Food to Fit Nutrition (BROOKE BULLOCH AND ASSOCIATES, SASKATOON, REGINA AND VIRTUAL)

Website: www.foodtofit.ca **Email:** admin@foodtofit.ca **Phone:** 306-717-6291

Instagram: @foodtofit_nutrition

Twitter: @foodtofit

Facebook: Food to Fit Nutrition Inc

Topics: Personalized assessment, nutrition care planning, counselling and follow-up for individuals or families seeking support with: eating disorders (self or family members), disordered eating, body image counselling, gastrointestinal disorders (chronic constipation, acid reflux, irritable bowel syndrome, inflammatory bowel disease), polycystic ovary syndrome, fertility, prenatal nutrition, infant feeding issues or intolerances, breastfeeding support, childhood growth and development, childhood mealtime issues that may/may not relate to neurodiversity, pre-diabetes, insulin resistance, thyroid conditions, autoimmune conditions, and heart disease risk management.

FRUGAL MINIMALIST KITCHEN (BRIANNE BELL, VIRTUAL)

Website: frugalminimalistkitchen.com **Email:** bri@frugalminimalistkitchen.com

Topics: Advice about cooking, grocery shopping, meal planning, organizing & decluttering your kitchen.

HEALTH STAND NUTRITION CONSULTING (VIRTUAL)

Website: www.HealthStandNutrition.com **Email:** jamie@healthstandnutrition.com

Phone: 403-262-3466

Facebook: Health Stand Nutrition

Topics: Disordered eating, food relationships, mental health and sport nutrition.

IGNITE ATHLETICS (MAT LEUNG, SASKATOON)

Website: <https://igniteathletics.com/nutrition>

Email: mat@igniteathletics.com

Phone: 306-717-6881

Topics: Providing athletes of all skill and age groups one-on-one nutrition assessment and consultations to enhance and optimize their training and lifestyle goals, leading small group and team education/workshop sessions to build nutrition skills and promote self-efficacy, and providing customized fluid replacement plans for individuals and small groups.

INSPIRING DIABETES EMPOWERMENT ASSOCIATION- IDEA (REBECCA SOVDI)

Website: www.idea-diabetes.com

Email: rebecca@idea-diabetes.com

Topics: Empowerment model to support informed decisions about diabetes self-management.

JESSICA BRAUN, RD NUTRITION AND DIGESTIVE HEALTH (JESSICA BRAUN, VIRTUAL)

Website: <https://sites.google.com/view/jessicabraunrd>

Email: info@jessicabraunrd.com

Topics: Intuitive eating, Health At Any Size, digestive health, gastrointestinal conditions (eg. IBS, IBD, celiac disease, PUD, GERD, functional GI disorders).

LOBLAWS & SHOPPERS DRUG MART DIETITIAN SERVICES (SASKATOON AND VIRTUAL)

Website: www.dietitiainservices.ca

Phone: 306-914-6192

Topics: Team of dietitians offering personalized nutrition assessment and consultation on range of topics including, but not limited to: sports nutrition, diabetes, hypertension, dyslipidemia, fatty liver, metabolic syndrome, gut health as well as intuitive eating and disordered eating using a weight inclusive lens. Option to grocery shop with a dietitian and corporate wellness presentations available as well.

NORTH BATTLEFORD STRENGTH AND CONDITIONING (DALLAS ODGERS, NORTH BATTLEFORD)

Website: <https://www.nbstrength.ca/nutritioncoaching>

Email: dallas.odgers@gmail.com

Phone: 306-713-1292

PERSONAL BEST NUTRITION (THOMAS HAMILTON AND CARLA COULSON, REGINA)

Email: pbnc@accesscomm.ca

Phone: 306-529-6881

Topics: Focus on educating athletes and teams on sports nutrition as well as corporate wellness seminars, cooking classes, weight management, diabetes management, heart health, vegetarian eating and healthy lifestyle nutrition counseling.

ROXANE WAGNER RD, MBA IN SUSTAINABLE SYSTEMS

Email: roxane.wagner@gmail.com

Phone: 306-450-0244

Topics: Healthy lifestyle, sustainable food and agriculture systems, organic certification in processing, small farm management and community economic development. Offers presentations, workshops, and wellness programs, for consumers, industry and health professionals. Additional offerings for the Hotel, Restaurant and Food Industry: Business development, feasibility studies, strategies for building the case for sustainability, menu and resource development.

SUMMIT SPORTS AND HEALTH (KARLEE SCHOFF, SASKATOON)

Website: www.summitsportsandhealth.com **Instagram:** @summitSPORTSANDHEALTH @nutritionbykarlee

Email: clinic@summitsportsandhealth.com **Facebook:** Summit Spots + Health

Topics: Nutrition counselling using a myth-busting, non-diet, evidence-based approach. Assists with chronic disease prevention and management, digestive health, food relationships, intuitive eating, and chronic dieting/disordered eating. Services include individual and partner nutrition counselling and offering Lunch & Learns and workshops per request.

THE FOOD FIX RD (TALETHA BENNETT, VIRTUAL)

Website: www.thefoodfixrd.ca

Instagram: @lowfodmapdietitian

E-mail: dietitian@thefoodfixrd.ca

Topics: holistic care and management of Irritable Bowel Syndrome (IBS) and digestive issues that cause abdominal pain, bloating, constipation and/or diarrhea, such as: Crohn's disease, ulcerative colitis, diverticulitis and celiac disease.

THE PROTEAN DIETITIAN (MARIA TANIELIAN, VIRTUAL)

Website: theproteandietitian.com

Instagram: @the.protean.dietitian

E-mail: info@theproteandietitian.com

Topics: Weight management, healing relationship with food and body image, mindful eating, sports and performance nutrition, food anxiety, dietary management of chronic illnesses (high cholesterol, blood pressure, diabetes, pre-diabetes, cardiovascular disease), common digestive disorders (reflux, bloating, heartburn, diarrhea/constipation, nausea/vomiting), fibromyalgia, bone health & healthy aging.

SHEE LILLEJORD DIETITIAN (SHEE LILLEJORD, VIRTUAL)

Website: www.sheelillejord.com

Email: hello@sheelillejord.com

Phone: (403) 463-7355

Instagram: @sheelillejordrd

Facebook: Shee Lillejord, Dietitian

Topics: All ages, healthy eating, pediatrics, picky eating, introduction to solids, weight gain/loss, emotional eating, heart health, diabetes, PCOS, meal planning, positive body image, gastrointestinal issues, restrictive eating, allergies/intolerances, pregnancy, allergies/intolerances and pregnancy.

SUPERBLOOM WELLNESS (SOPHIA KHAN, VIRTUAL)

Website: www.superbloom.ca

Email: superbloomwellness@outlook.com

Phone: (306) 514-1267

Instagram: @superbloom.wellness

Topics: Nutrition assessment, counselling, and programming on various topics including healthy lifestyle, intuitive eating, relationship with food, disordered eating, gut health, gut-brain connection, mindful eating, body image, mental health and somatic nutrition.

VITALITY NUTRITION (COURTNEY BERG AND ASSOCIATES, SASKATOON, REGINA AND VIRTUAL)

Website: www.vitalitynutrition.ca

Email: courtney@vitalitynutrition.ca

Phone: 306-480-6771

Instagram: @vitalitynutrition_

Facebook: Vitality Nutrition

Topics: individual counselling and corporate presentations on various topics including: sports nutrition, digestive health, chronic disease management, correcting abnormal lab values, eating disorders and disordered eating, body composition and weight loss, hormone health (amenorrhea, PMS, and PMDD), PCOS, perimenopause/menopause, endometriosis, introducing solids to infants, pregnancy, and more.
