



## Private Practice Dietitians in Saskatchewan

Private Practice Dietitians set their own rates, so contact the individual dietitian or check their website for pricing. The cost for private practice dietitian services are covered by some insurance providers, so check your coverage. If dietitian services are not currently covered by your insurance plan, speak to your employer and/or provider and express your interest in having dietitian services covered in the future. This list is alphabetical by company name. In brackets you will see the location of the community in which the company's main office is located. The majority of the private practice dietitians will provide services throughout the province, so please contact them directly for more information.

### **Alison Friesen Nutrition (Alison Friesen, Saskatoon)**

Website: [www.alisonfriesennutrition.com](http://www.alisonfriesennutrition.com)

Email: [alisonsfriesen@gmail.com](mailto:alisonsfriesen@gmail.com)

Phone: 306-716-6203

Twitter: AlisonFriesenRD

Facebook: Alison Friesen Nutrition

Topics: Sports nutrition offering individual, group or team sessions. Also provides individual or family nutrition assessment and consultation for general health, fitness/athletic performance, disordered eating and digestive health. Alison Friesen Nutrition also offers group presentations and workshops and professional seminars.

### **Beyond Baby Nutrition (Lacey Engel, Regina)**

Website: [www.beyondbabynutrition.com](http://www.beyondbabynutrition.com)

Facebook: [www.facebook.com/lacey.engel.RD](http://www.facebook.com/lacey.engel.RD)

Topics: Picky eating and intuitive eating for women and children. I help moms take back control of their child's picky eating so their family life can thrive and they can confidently know they are raising a happy, healthy intuitive eater.

### **Case Nutrition Consulting Inc. (Shelley Case, Regina)**

Website: [www.glutenfreediet.ca](http://www.glutenfreediet.ca)

Email: [info@glutenfreediet.ca](mailto:info@glutenfreediet.ca)

Phone: 306-536-7716

Linked in: [www.linkedin.com/in/shelleycase](http://www.linkedin.com/in/shelleycase)

Twitter: @shelleycase

Facebook: [shelley.case.dietitian](https://www.facebook.com/shelley.case.dietitian)

Topics: Celiac disease, non-celiac gluten sensitivity and the gluten free diet. Consultant, media expert, spokesperson and presentations/workshops (for consumers, food industry and health professionals).

### **Diabetes Training 101 Inc. (Michelle Archer, Regina)**

Website: [www.diabetestraining.ca](http://www.diabetestraining.ca)

Email: [diabetestraining@sasktel.net](mailto:diabetestraining@sasktel.net)

Phone: 306 -501-9355

Facebook: Diabetes Training 101 Inc.

Topics: Delivering professional education programs for health care professionals and para-professionals wanting to learn more about diabetes self-management education through the Diabetes Manager University (DMU) training program and the Discovering Diabetes Self-Management curriculum.

**Eatwell Nutrition Consulting (Nicole Pulvermacher, Regina)**

Website: [www.eatwellnutrition.ca](http://www.eatwellnutrition.ca) Email: nicole@eatwellnutrition.ca Phone: 306-533-6908  
Twitter: @NicoleEatwell Facebook: Eatwell Nutrition Consulting

Topics: Healthy eating habits, relationships with food, weight concerns, meal planning and lifestyle management of medical conditions such as high cholesterol, prediabetes, metabolic syndrome, and Irritable Bowel Syndrome. Services include individual and couple's nutrition counseling, workshops/presentations and menu review or development.

**Essence Nutrition and Wellness Coaching (Andrea Toogood, Regina)**

Website: [www.essencenutritionandwellness.com](http://www.essencenutritionandwellness.com) Email: andrea.rdcoach@gmail.com  
Phone: 306-529-2218 Twitter:@AndreaToogood1

Topics: Telephone nutrition and wellness coaching through telehealth or video chat (powered by Healthie) from the convenience of your home or office.

**Food to Fit Nutrition Inc. (Brooke Bulloch and Associates, Saskatoon)**

Website: [www.foodtofit.ca](http://www.foodtofit.ca) Email: brooke@foodtofit.ca  
Phone: 306-717-6291 Twitter: @foodtofit Facebook: Food to Fit

Topics: holistic assessment and nutrition care planning for individual or families seeking support counseling or meal planning for pregnancy, infant feeding, irritable bowel syndrome, diabetes, eating disorders, intuitive eating, bariatric surgery, fitness/athletic performance, vegetarian eating, chronic disease prevention, weight issues and older adult care. Food To Fit also offers group presentations, corporate wellness programs and professional seminars.

**Joanne Atkins Nutrition Consulting (Joanne Atkins, Regina)**

Email:joanne.atkins@sasktel.net Phone: 306-565-0017

**Nutrition & U (Angela Banks, Regina)**

Email: nutritionbyangela@outlook.com Phone: 306-530-3355 Facebook:Nutritionbyangela

**Personal Best Nutrition Consulting Corp. (Thomas Hamilton and Carla Coulson, Regina)**

Email: pbnc@accesscomm.ca Phone: 306-529-6881  
Topics: sports nutrition and healthy lifestyle nutrition counseling

**Real Nutrition (Tammy Shakotko, Meadow Lake)**

Website: [www.realnutation.ca](http://www.realnutation.ca) Email: [tammy@realnutrition.ca](mailto:tammy@realnutrition.ca) Phone: 306-236-1756

**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.

**Sobeys (Brooke Rideout, Stonebridge and Varsity Commons locations in Saskatoon)**

Email: brooke.rideout@sobeys.com Phone: 306-244-6345  
Topics: Individual consults as well as in store demonstrations/events.

**Something Nutrishus Counseling and Coaching (Stephanie Langdon, Saskatoon)**

Website: [www.nutrishus.com](http://www.nutrishus.com) Email: [steph@nutrishus.com](mailto:steph@nutrishus.com) Phone: 306-262-7319  
Blog: [www.whatrdsdo.com](http://www.whatrdsdo.com) Twitter: [@nutrishusRD](https://twitter.com/nutrishusRD) Instagram: [@nutrishusRD](https://www.instagram.com/nutrishusRD)

Topics: Food industry/commodity group consultant and spokesperson; sports dietitian and service provider, writer, blogger, social media/communications expert; presenter/workshop facilitator. Focused on wellness, performance and prevention.

**Stride Physiotherapy and Performance (Paige Hayes, Swift Current)**

Website: [www.hityourstride.ca](http://www.hityourstride.ca) email: [paige@hityourstride.ca](mailto:paige@hityourstride.ca) Phone: 306-778-7770

Topics: Consulting dietitian offering counseling services for individual or group/team sessions addressing general healthy lifestyle changes, weight management, fitness or athletic performance, and management of chronic disease.

**The Diabetes Sweet Life (Linda Gilmour Kessler, Prince Albert and virtual/online)**

Website: [www.diabetessweetlife.com](http://www.diabetessweetlife.com) Email: [linda@diabetessweetlife.com](mailto:linda@diabetessweetlife.com)

Facebook: the diabetes sweet life

LinkedIn - <https://www.linkedin.com/in/linda-gilmour-kessler-registered-dietitian-4132b680/>

Topics: Women with type 2 diabetes. Services include in person (local) and virtual counselling and coaching as well as online group programs.

**Vitae Nutrition and Doula Services (Chelsea Belt, Saskatoon)**

Email: [vitae.nutrition.doula@gmail.com](mailto:vitae.nutrition.doula@gmail.com) Phone: 306-361-3534

Topics: fertility, prenatal, postnatal, infant and child nutrition