



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

Email: alisonsfriesen@gmail.com

Phone: 306-716-6203

Instagram: AlisonFriesenNutrition

Topics: Sports nutrition offering individual, group or team sessions. Also provides individual or family nutrition assessment and consultation for fitness/athletic performance, women's health, disordered eating and improving relationships with food and body. Alison Friesen Nutrition also offers group presentations, professional seminars and online workshops and programs.

Beyond Baby Nutrition (Lacey Engel, Regina)

Website: www.beyondbabynutrition.com

Email: lacey@beyondbabynutrition.com

Facebook: www.facebook.com/beyondbabynutrition

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 Brittni 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.

Diabetes Training 101 Inc. (Michelle Archer, Regina)

Website: www.diabetestraining.ca

Email: 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.

Eat Compete Registered Dietitian Consulting (Amber Barrowman)

Email: eatcompleterd@gmail.com

Phone: 306-590-7760

Eatwell Nutrition Consulting (Nicole Pulvermacher, Regina)

Website: 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)

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 Email: brooke@foodtofit.ca

Phone: 306-717-6291

Twitter: @foodtofit

Facebook: Food to Fit Nutrition Inc

Topics: holistic assessment and nutrition care planning for individual or families seeking supportive counseling and/or meal planning for pregnancy, introducing solids/childhood growth and development, polycystic ovarian syndrome, irritable bowel syndrome, diabetes, disordered eating and eating disorders, plant based eating, chronic disease prevention/management and weight issues. Food To Fit also offers community group presentations, corporate wellness talks/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

Topics: specializing in sustainable, healthy eating, healthy relationships with food, eating disorders, food allergies, food intolerances, beneficial eating for chronic diseases and IBS. Certified to offers basic and advanced food safety training.

Topics: cardiovascular disease prevention and management in adults

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

Email: pbnc@accesscomm.ca

Phone: 306-529-6881

Topics: specialized in providing education in sports nutrition to athletes and teams. They also offer corporate wellness seminars, cooking classes, weight management, diabetes management, heart health, vegetarian eating and healthy lifestyle nutrition counseling

Real Nutrition (Tammy Shakotko, Meadow Lake)

Website: www.realn nutrition.ca Email: 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.

SK Research (Sheila Shumay, Regina)

Email: sheila@skresearch.com Phone: 306-529-3988

Topics: Nutrition consults cover all aspects of disease prevention and health promotion throughout the lifecycle. Teamwork is paramount, so referral to other health professionals occurs to meet your diverse health needs. Individual, couple and group sessions available. Grocery store tours encourage budget-wise healthy eating for all.

Sobeys (Stonebridge and Varsity Commons locations in Saskatoon)

Phone: 306-244-6345

Topics: Individual consults as well as in store demonstrations/events.

The Diabetes Sweet Life (Linda Gilmour Kessler, virtual/online)

Website: www.diabetessweetlife.com Email: linda@diabetessweetlife.com

Topics: Women with type 2 diabetes. Offers and online diabetes program to help women with type 2 diabetes lower blood sugars without giving up their favorite foods.

Vitae Nutrition and Doula Services (Chelsea Belt, Saskatoon)

Email: vitae.nutrition.doula@gmail.com Phone: 306-361-3534

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

Vitality Nutrition (Courtney Berg, Saskatoon)

Website: www.vitalitynutrition.ca Instagram: @vitalitynutrition_

Email: Courtney@vitalitynutrition.ca Phone: 306-292-6419

Topics: Holistic lifestyle and nutrition assessments and nutrition planning to support goals such as weight management, optimizing energy and sports nutrition/performance.

Warman Physiotherapy & Wellness (Heather Tulloch, Warman)

Website: www.warmanphysio.com/ Phone: 306-373-9355 Email: heather@warmanphysio.com

Topics: Nutrition assessment and counselling for individuals seeking support in areas including weight management, meal planning, prenatal, post-natal, cardiovascular disease, diabetes, digestive health, allergies/intolerances and sports nutrition.

Your Independent Grocer Dietitian (Sophia Khan, Saskatoon)

Email: sophia.khan@loblaw.ca Phone: (306) 914-6192 Facebook: Sophia Khan RD

Topics: Nutrition assessment, counselling, and programming on various topics including healthy lifestyle, meal planning, chronic disease prevention and management, pregnancy, digestive health, healthy weight, celiac disease, sports nutrition, infant and childhood nutrition, and food allergies and intolerances. Telephone counselling is available to those residing in Saskatchewan. Sophia also offers presentations.