



## 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. This list is alphabetical by company name. In brackets you will see the location of the community in which the company's office is located. **The majority of the private practice dietitians will provide services virtually throughout the province, so please contact them directly for more information.**

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

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

Email: [lacey@beyondbabynutrition.com](mailto: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 Brittini Gillen, Saskatoon and Virtual)**

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

Email: [hello@yourbloomnutrition.com](mailto: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.

### **Body Bliss (Janelle Fettes, Radville)**

Email: [Janelle\\_bert@hotmail.com](mailto:Janelle_bert@hotmail.com)

Phone: 306-869-2878 or 306-869-7324

Facebook: Body Bliss- Janelle Fettes

Instagram: [bodyblissjanellefettes](https://www.instagram.com/bodyblissjanellefettes)

Topics: Intuitive eating and movement using a Health At Every Size approach, offering individualized in person and distance counselling, as well as group presentations and workshops.

### **Breastfeeding Dietitian (Robyn Price, Virtual)**

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

Email: [hello@breastfeedingdietitian.com](mailto:hello@breastfeedingdietitian.com)

Instagram: [@breastfeeding.dietitian](https://www.instagram.com/@breastfeeding.dietitian)

Topics: Nutrition and feeding assessments for mother-baby pairs experiencing infant allergies/intolerances, breastfeeding difficulties, bottle refusal, breastmilk + formula combination feeding, growth concerns, infant gut health concerns, weaning and prenatal nutrition/breastfeeding prep.

### **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.

### **Direct Dietitian Services (Rebecca Picot)**

email: rebecca@directdietitian.ca      Website: directdietitian.ca  
Phone: 639-318-0288      Instagram: @directrdservices

Topics: Straightforward approaches to eating well that focus on a healthy relationship with food. Services include virtual one-on-one appointments, Craving Change ® virtual group workshops, and custom consulting for organizations and clinics.

### **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.

### **ELEVATE Nutrition and Wellness (James Bayne, Saskatoon)**

Website: www.elevatenutritionandwellness.ca      Email: elevatenutritionandwellness@gmail.com  
Facebook/Instagram: @elevatenutritionandwellness

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 Inc. (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: Team of expert dietitians offering personalized assessment, nutrition care planning, counselling and monitoring for individual or families seeking support for pregnancy, infant feeding, introducing solids and childhood growth and development; Polycystic Ovarian Syndrome; functional gut disorders including chronic constipation, reflex and Irritable Bowel Syndrome; Celiac Disease, thyroid conditions, pre-diabetes/insulin resistance, ad metabolic syndrome; disordered eating and eating disorders and recovery from chronic dieting; plant based eating. Food To Fit also offers community group presentations, corporate wellness talks/programs and professional seminars.

### **Health Stand Nutrition Consulting (Alison Friesen, Virtual)**

Website: www.HealthStandNutrition.com      Email: alison@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](mailto: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.

**Jessica Braun, RD Nutrition and Digestive Health (Jessica Braun, Virtual)**

Website: <https://sites.google.com/view/jessicabraunrd> Email: [info@jessicabraunrd.com](mailto:info@jessicabraunrd.com)

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

**Marissa Dawn Nutrition (Marissa Lindquist, Lloydminster and Virtual)**

Website: [www.marissadawnnutrition.blogspot.com](http://www.marissadawnnutrition.blogspot.com) Instagram: [marissadawn\\_rd](https://www.instagram.com/marissadawn_rd)  
Email: [marissadawnnutrition@gmail.com](mailto:marissadawnnutrition@gmail.com) Phone: 306-291-3293

Topics: Nutrition counselling and coaching to help you meet your goals, whether it be for improved athletic performance, to live a healthier lifestyle and manage a chronic condition.

**North Battleford Strength and Conditioning (Dallas Odgers, North Battleford)**

Website: <https://www.nbstrength.ca/nutritioncoaching> Email: [dallas.odgers@gmail.com](mailto:dallas.odgers@gmail.com)  
Phone: 306-713-1292

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

Email: [pbnc@accesscomm.ca](mailto: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.realnutrition.ca](http://www.realnutrition.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](mailto: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](mailto: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.

**Summit Sports and Health (Rhea Lewandoski, Saskatoon)**

Website: [www.summitsportsandhealth.com](http://www.summitsportsandhealth.com) Instagram: @summitsaskatoon  
Email: [clinic@summitsportsandhealth.com](mailto:clinic@summitsportsandhealth.com) Facebook: Summit Spots + Health

Topics: Nutrition counselling using a health at any size (HAES) approach for individuals experiencing disordered eating and eating disorders, celiac disease, irritable bowel syndrome, inflammatory bowel disease and other digestive issues. Rhea is a qualified mindful-based eating instructor. Services offered for individuals or couples. Also available for community presentations and professional seminars.

**The Diabetes Sweet Life (Linda Gilmour Kessler, Virtual)**

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

Topics: Women with type 2 diabetes. Offers an 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](mailto:vitae.nutrition.doula@gmail.com) Phone: 306-361-3534

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

**Warman Physiotherapy & Wellness (Heather Tulloch, Warman)**

Website: [www.warmanphysio.com/](http://www.warmanphysio.com/) Phone: 306-373-9355 Email: [heather@warmanphysio.com](mailto: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](mailto:sophia.khan@loblaw.ca) Phone: (306) 914-6192

Topics: Nutrition assessment, counselling, and programming on various topics including healthy lifestyle, meal planning, chronic disease prevention/management and intuitive eating. Virtual counselling is available to those residing in Saskatchewan. Sophia also offers presentations.