



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.**

Alyssa Fontaine RD (Alyssa Fontaine)

Website: www.alyssafontaine.com

Email: alyssafountainereid@gmail.com

Topics: Focus on weight loss, relationship with food and plant-based nutrition.

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 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.

Breastfeeding Dietitian (Robyn Price, Virtual)

Website: www.breastfeedingdietitian.com

Email: hello@breastfeedingdietitian.com

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

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 Sweet Life (Linda Gilmour Kessler, Virtual)

Website: www.diabetessweetlife.com

Email: linda@diabetessweetlife.com

Topics: Online programs and counseling for prediabetes and type 2 diabetes.

Diabetes Training 101 Inc. (Michelle Archer, Regina)

Website: www.diabetestraining.ca

Email: info@diabetestraining.ca

Phone: 306-501-9355

Facebook: Diabetes Training 101 Inc.

Topics: Individual counselling services for Type 2 diabetes management. 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.

Eatwell Nutrition Consulting (Nicole Pulvermacher, Regina/Virtual)

Website: www.eatwellnutrition.ca Email: nicole@eatwellnutrition.ca Phone: 306-533-6908

Topics: Healthy eating habits, relationships with food, weight concerns, meal planning and lifestyle management of medical conditions such as high cholesterol and prediabetes. Services include individual and couple's nutrition counseling and engaging workshops/presentations for groups.

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 weight inclusive/non-diet dietitians offering personalized assessment, nutrition care planning, counselling and monitoring for individual or families seeking support for autoimmune conditions, disordered eating, eating disorders, body image counselling, dyslipidemia and metabolic syndrome, gastrointestinal disorders (chronic constipation, acid reflux, irritable bowel syndrome, inflammatory bowel disease), pregnancy, infant feeding issues, introduction of solids, childhood growth and development, mealtime behavior issues, polycystic ovary syndrome, endometriosis, pre-diabetes, diabetes, insulin resistance and thyroid conditions.

Frugal Minimalist Kitchen (Brienne 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 (Alison Epp, 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 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).

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 Consulting Corp. (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.

Revive Wellness (Andrea Shackel, Virtual)

Website: www.revivewellness.ca

Email: andrea@revivewellness.ca Phone: 780-450-2027

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

Facebook: Revive Wellness Inc

Topics: Focus on empowering clients and families to create positive, sustainable life changes with experience in diabetes education, obesity and chronic disease management.

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 (Kimberlee Galus, Saskatoon)

Website: www.summitsportsandhealth.com Instagram: @summitsaskatoon
Email: 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. Services offered for individuals or couples. Also available for community presentations and professional seminars.

The Food Fix RD (Taletha Bennett, Regina/Virtual)

Website: www.thefoodfixrd.ca Instagram: @lowfodmapdietitian
E-mail: dietitian@thefoodfixrd.ca

Topics: management of irritable bowel syndrome and gut issues that cause abdominal pain, bloating, constipation and/or diarrhea.

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.

The Rural Dietitian (Katie Kroeker, Virtual)

Website: www.theruraldietitian.net Email: theruraldietitian@gmail.com
Facebook: The Rural Dietitian Instagram: @the.rural.rd

Topics: Intuitive eating, disordered eating, binge eating, emotional eating, body image, self care

Shee Lillejord Dietitian (Shee Lillejord, Virtual)

Website: www.sheelillejord.com Email: hello@sheelillejord.com
Phone: (403) 463-7355 Instagram: @sheelillejorrd 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)

Website: www.vitalitynutrition.ca

Email: courtney@vitalitynutrition.ca

Topics: Online course and individualized nutrition and mindset coaching for digestive health, disordered eating, hormone health, body composition changes, sports nutrition, optimizing sleep and addressing abnormal blood lab results.

Your Independent Grocer

Website: www.yourindependentgrocer.ca/dietitians

Email: nicole.bogner@loblaw.ca

Topics: Individual or group nutrition services either in person or virtual on a variety of topics.