



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 cost for private practice dietitian services are covered by some insurance plans, 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

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 BRITNI 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.dieitian

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, RD,CDE REGINA AND VIRTUAL)

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

Facebook: Diabetes Training 101 Inc.

Topics: Professional Diabetes Educator and Facilitator, expertise in delivering diabetes education programs to health care workers with a practice focus on diabetes care in Indigenous Peoples. Online diabetes self-management education for people living with diabetes through the Discovering Diabetes Self-Management program and related courses. Specializes in diabetes training programs both in-person and online and welcomes opportunities to deliver group diabetes education to people living with diabetes or health care professionals across Canada.

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.liveelevate.ca **Email:** info@liveelevate.ca **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 & ASSOC. 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.

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.

IDEA-Diabetes (REBECCA SOVDI)

Website: www.idea-diabetes.com **Email:** rebecca@idea-diabetes.com

Topics: diabetes, diabetes self-management, food security and Indigenous health

IN GOOD NUTRITION (SERENA BENALI, VIRTUAL)

Website: www.ingoodnutrition.com **Email:** hello@ingoodnutrition.com **Phone:** 825-474-6633

Topics: diabetes, digestive health & IBS, high cholesterol, eating disorders & disordered eating, emotional eating, intuitive eating, PCOS, perimenopause & menopause, prenatal & pregnancy, picky eating, toddlers & kids, liver disease, thyroid health, vegetarian & vegan, women's health, weight gain, weight loss, etc.

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

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

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

LAUNCH NUTRITION (CHELSEA VERBEEK, VIRTUAL)

Website: launchnutrition.ca **Email:** hello@launchnutrition.ca **Phone:** 587-400-7176

Topics: Sports nutrition for youth and adult athletes.

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.

NICKY OTTO DIETETICS (NICKY OTTO, VIRTUAL)

Website: www.ottord.ca **Email:** nicky@ottord.ca **Phone:** 902-488-9787

Topics: Nutritional counselling focusing on eating disorders, disordered eating, intuitive eating through a non-diet, normalized eating and weight inclusive approach.

NORTH BATTLEFORD STRENGTH AND CONDITIONING (DALLAS ODGERS)

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. Business development, feasibility studies, strategies for building the case for sustainability, menu and resource development for industry.

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 on request.

THE FOOD FIX RD (TALETHA THURMEIR, 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 & REGISTERED SOCIAL WORKER (SHEE LILLEJORD, VIRTUAL)

Website: www.sheelillejord.com **Email:** hello@sheelillejord.com

Phone: (403) 463-7355 **Instagram:** @sheelillejordrd **Facebook:** Shee Lillejord, Dietitian

Topics: All ages and specific interest in emotional eating, ADHD, depression and anxiety.

SUPERBLOOM WELLNESS (SOPHIA KHAN, VIRTUAL)

Website: www.superbloom.ca **Email:** superbloomwellness@outlook.com

Phone: (306) 514-1267 **Instagram:** @superbloom.wellness

Topics: Nutrition counselling, group workshops and presentations on various topics including intuitive eating, binge eating, emotional eating, body image, relationship with food, somatic nutrition, mindfulness, the gut-brain connection, mental health, disordered eating and cultural 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.
