

Saskatchewan Registered Dietitian Directory for Individual Client Services

There are multiple ways to access the **individual services** of a **Registered Dietitian** in Saskatchewan. How you access the Dietitian's services will depend on where you live and what type of service you need. Use our directory to help navigate. It is organized by geography (NE, NW, SE, SW). Private practice Dietitians are listed on page 5-6, alphabetically by the name of the private practice. There are also free group class options listed on the last two pages.

- 1) Self-refer! Phone your local health center or the number listed below and ask to speak to the dietitian.
- 2) Have your family physician or allied health care provider send a referral for dietitian services.
- 3) Contact a private practice Dietitian who offers fee for service. Check your insurance plan for coverage.

| | | ***Unless otherwise stated, the Dietitian accepts self and allied health provider referral |
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| Provincial Resources | Canadian Diabetes Association | 306-933-1238 Ext. 2853 |
| | Eat Well Saskatchewan | 1-833-966-5541 or eatwell@usask.ca |
| | Health Canada (Canadian Prenatal Nutrition Program) | Phone: 306-780-5791 |
| | Health Canada (Aboriginal Diabetes Initiatives) | Phone:306-780-7246 |
| | Sports Medicine and Science Council of Saskatchewan | Phone: 975-0849 |
| Far North | Athabasca Health Authority Community Dietitian serving: Uranium City; Camsell Portage; Stony Rapids; Black Lake FN; Fond Du Lac Denesuline FN | 306-439-2647 |
| North West | SHA Community Dietitian serving: Ile La A Crosse; La Loche; Beauval; La Plonge; Buffalo Narrows | 306-833-3360 |
| | SHA Clinical Nutrition Outpatient Dietitian serving Loon Lake and Good Soil | 306-240-5458 |
| | SHA Clinical Nutrition Outpatient Dietitian serving Meadow Lake | 306-236-1528 |
| | Meadow Lake Tribal Council Community Dietitian serving: Birch Narrows Dene Nation; Buffalo River Dene Nation; Makwa Sahgaiehcan FN; Meadow Lake | 306-236-8229 |
| | Meadow Lake Tribal Council Community Dietitian serving Canoe Lake Cree FN; Clearwater River Dene Nation; English River FN; Flying Dust FN; Ministikwan Lake Cree Nation; Waterhen Lake FN; Meadow Lake | 306-236-8216 |
| | SHA Outpatient Dietitian serving Maidstone, Turtleford, Neilburg, Cut Knife, Paradist Hill, St. Walburg | 306-893-2622 Ext. 7869 |
| | SHA Outpatient Dietitian serving Lloydminster | 306-820-6182 |
| | Onion Lake Cree First Nation Community Dietitian | 306-344-2330 |
| | Agency Chiefs Tribal Community Dietitian serving: Big River FN; Witchehan Lake FN; Pelican Lake FN; Spiritwood | 306-883-7162 |
| | SHA Clinical Nutrition Outpatient Dietitian serving Unity, Wilkie, Kerrobert, Macklin | 306-228-2666 Ext. 2947 |

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| | SHA Clinical Nutrition Outpatient or Primary Care Dietitian serving Battlefords | 306-446-6415 |
| | Battle River Tribal Council Community Dietitian serving: Little Pine FN; Poundmaker FN; Sweetgrass FN; Battlefords | 306-937-6700 |
| North East | SHA Clinical Nutrition Dietitian serving La Ronge | |
| | Sturgeon Lake First Nations Community Dietitian | 306-220-2740 |
| | SHA Community Dietitians serving Shellbrook, Big River, Canwood, Leoville, Spiritwood, Hafford, Leask, Kinistino, Birch Hills | 306-747-6819 |
| | Prince Albert Grand Council Community Dietitian serving Cumberland House Cree FN; Hatchet Lake FN; Little Red River I.R.; Montreal Lake FN; Shoal Lake Cree FN; Red Earth Cree Nation; Wahpeton Dakota Nation | 306-953-7921 306-953-7283 306-953-7918 |
| | SHA Outpatient Clinical Nutrition Dietitians serving Prince Albert | 306-765-6346 |
| | Prince Albert Co-operative Health Center Dietitian | 306-953-6252 |
| | Peter Ballantyne Cree Nation Community Dietitian serving Sandy Bay; Prince Albert; Amisk Lake; Deschambault Lake; Kinoosao; Pelican Narrows; Southend; Sturgeon Landing | 306-953-4425 |
| | Northern Inter Tribal Health Authority Community Dietitian | 306-953-5033 |
| | SHA Community Dietitian serving Nipawin, Carrot River; Arborfield; Smeaton | 306-862-7255 |
| | Willow Creek Health Services Community Dietitian | 306-467-4402 |
| | SHA Community Dietitian serving Rosthern; Wakaw; Middle Lake; Cudworth; Duck Lake | 306-232-9649 |
| | SHA Outpatient Clinical Nutrition Dietitian serving Melfort | 306-752-8751 |
| | James Smith Cree Nation Community Dietitian | 306-864-2454 |
| | SHA Community Dietitian serving communities of Tisdale, Hudson Bay, Porcupine Plain, Kelvington | 306-873-6523 |
| Saskatoon Area | Saskatoon Tribal Council Community Dietitian serving communities of One Arrow FN; Muskoday FN; Yellowquill FN; Saskatoon | 306-956-0319 |
| | Saskatoon Tribal Council Community Dietitian serving communities of Mistawasis FN; Muskeg Lake FN; Kinistin Saulteaux FN; Saskatoon | 306-956-6142 |
| | SHA Live Well Dietitian (Adult Chronic Disease Management) | 306-655-2063 |
| | SHA Live Well Dietitian (West Winds Primary Health Center) | 306-655-4870 |
| | SHA Live Well Dietitian (Aim 4 Health program) | 306-655-0226 |
| | SHA Live Well (Outpatients, including adult IBD program) | 306-655-4265 |
| | SHA Live Well Dietitian (Cardiac program) | 306-655-2140 |
| | SHA Live Well Dietitian (Diabetes & Pediatric Obesity programs) | 306-655-2169 |
| | SHA Live Well Dietitian (Pediatric Diabetes program) | 306-655-2149 |
| | University of Saskatchewan Student Wellness Center Dietitian- Must be student or dependent (children, spouse) of student at University of Saskatchewan to be eligible to access | 306-966-5768 |
| | Saskatoon Community Clinic Dietitians- Must be patient of clinic to access dietitian services. | 306-664-4222 |
| | Saskatchewan Cancer Agency Dietitians- Must be patient of clinic to access dietitian services | |

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| South East | SHA Community Dietitian serving communities of Humboldt; Strasbourg; Nokomis; Lanigan | 306-682-8181 |
| | SHA Community Dietitian serving communities of Watrous; Humboldt; Middle Lake; Watson | 306-682-8181 |
| | SHA Community Dietitian serving communities of Wynyard; Wadena; Foam Lake; Fishing Lake FN | 306-554-3363 |
| | Touchwood Agency Tribal Council Community Dietitian serving the communities of Day Star FN; Muskowekwan FN; Punnichy; Kawacatoose FN | 306-220-2740 |
| | George Gordon First Nation Dietitian | 306-835-2020 |
| | SHA Outpatient Dietitian serving communities of Canora; Kamsack; Preeceville; Norquay; Invermay | 306-563-1272 |
| | Yorkton Diabetes Education Dietitians | 306-786-0649 |
| | SHA Outpatient Dietitians serving Theodore; Foam Lake; Yorkton; Saltcoats; Langenburg; Yorkton | 306-786-0488 |
| | Yorkton Tribal Council Community Dietitian serving communities of Cote FN; Keeseekoose FN; The Key FN; Zagime Anishinabek FN; Kahkewistahaw FN; Ocean Man FN; Yorkton | 306-620-5115 |
| | SHA Outpatient Dietitian serving communities of Fort Qu'Appelle; Balcarres; Lestock; Abernethy; Lemberg; Lipton; Punnichy; Raymore; Kelliher; Dysart; Quinton; Leross; Lebret | 306-332-3303 |
| | File Hills Qu'Appelle Tribal Council Dietitians serving communities of Little Black Bear FN; Piapot FN; Muscowpetung Saulteaux Nation; Pasqua FN; Nekaneet FN; Wood Mountain Lakota FN; Star Blanket Cree Nation; Standing Buffalo Dakota Nation; Peepeekisis Cree Nation; Okanese FN; Carry the Kettle FN | 306-332-2667 306-332-3303 306-332-2667 306-332-2448 306-332-2669 |
| | Carry the Kettle Diabetes Dietitian | 306-727-2101 |
| | SHA Community Dietitians serving communities of Moosomin; Indian Head; Wolseley; Grenfell; Whitewood | 306-697-7012 |
| | Cowessess First Nation Community Dietitian | 306-696-2263 ext448 |
| | SHA Primary Care Dietitian serving communities of Weyburn; Radville; Pangman; Bengough; Coronach | 306-848-2160 |
| | SHA Primary Care Dietitian serving communities of Weyburn; Midale; Fillmore; Stoughton; Lampman | 306-842-8425 |
| | SHA Primary Care Dietitian serving communities of Carlyle; Arcola; Kipling; Wawota; Maryfield; Redvers | 306-453-2075 |
| | SHA Primary Care Dietitian serving communities of Estevan; Carnduff; Oxbow; Gainsborough | 306-637-3605 |
| | White Bear First Nation Diabetes Dietitian | 306-577-2431 |
| | Pheasant Rump Nakota First Nation Diabetes Dietitian | 306-501-9355 |

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| Regina | SHA Outpatient Dietitians serving Regina | 306-766-8637 |
| | Four Directions Community Health Center Phone:306-766-7651 Fax:306-766-7534 | |
| | Primary Health Care Networks (South, East, North, Central) Diabetes Dietitian | 306-766-7200 |
| | Al Ritchie Heritage Community Health Center Community Dietitian | 306-766-6321 |
| | Regina Community Clinic- Must be patient of clinic to access dietitian services. | 306-543-7880 |
| | Fort Qu'Appelle, Balcarres, Lestock, Raymore Phone:306-332-3303 Fax:306-332-3321 | |
| | Grenfell, Broadview, Indian Head, Moosomin, Whitewood, Wolseley Phone:306-697-4037 Fax:306-697-2556 | |
| South West | SHA Community Dietitian serving the communities of Kindersley; Eston; Eatonia; Dodsland | 306-463-1000 Ext.2523 |
| | SHA Community Dietitian serving the communities of Rosetown; Kyle; Elrose | 306-882-2672 Ext.2230 |
| | SHA Community Dietitian serving the community of Biggar | 306-948-3323 Ext.2752 |
| | SHA Community Dietitian serving the communities of Outlook; Dinsmore; Lucky Lake; Beechy; Davidson | 306-867-5041 |
| | SHA Outpatient Dietitian serving the communities of Moose Jaw; Craik | 306-630-2578 |
| | SHA Community Dietitian serving the communities of Central Butte, Moose Jaw, Assiniboia | 306-694-0230 |
| | SHA Community Dietitian serving the communities of Canora; Kamsack; Preeceville; Invermay; Yorkton; Norquay | 306-293-4440 |
| | SHA Community Dietitian serving the communities of Gull Lake; Eastend; Maple Creek; Shaunavon | 306-672-4705 |
| | SHA Community Dietitian serving the communities of Swift Current; Maple Creek; | 306-661-8277 |
| | Swift Current Chronic Disease Management Dietitians | 306-778-5448 306-778-5445 |
| | SHA Community Dietitian serving the communities of Swift Current; Gull Lake; Maple Creek; Shaunavon; Eastend; | 306-672-4705 |
| | SHA Community Dietitian serving the communities of Swift Current; Ponteix; Mankota; Leader; Vanguard; Hodgeville; Herbert; | 306-778-5416 |
| | SHA Community Dietitian serving the communities of Lafleche; Assiniboia; Rockglen; Gravelbourg; | |

| Private Practice Dietitians | Private practice Dietitians offer fee for service. Check websites for information on fees and areas of speciality. Some insurance plans provide coverage. The owner and location of main office is listed in brackets after the name of the private practice. |
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| | Alysa Fontaine RD (Alyssa Fontaine) www.alysafontaine.com Email: alyssafountainereid@gmail.com |
| | Beyond Baby Nutrition (Lacey Engel, Regina) Website: www.beyondbabynutrition.com Email:lacey@beyondbabynutrition.com |
| | Bloom Nutrition (Natalie Carriero and Brittni Gillen, Saskatoon) Website: www.yourbloomnutrition.com Email:hello@yourbloomnutrition.com |
| | Breastfeeding Dietitian (Robyn Price) Website:www.breastfeedingdietitian.com Email: hello@breastfeedingdietitian.com |
| | Diabetes Training 101 Inc. (Michelle Archer, Regina) Website: www.diabetestraining.ca Email: info@diabetestraining.ca |
| | Direct Dietitian Services (Rebecca Picot) Website: www.directdietitian.ca Email: Rebecca@directdietitian.ca |
| | Eatwell Nutrition Consulting (Nicole Pulvermacher, Regina/Virtual) Website: www.eatwellnutrition.ca Email: nicole@eatwellnutrition.ca |
| | ELEVATE Nutrition and Wellness (James Bayne, Saskatoon) Website:www.elevatenutritionandwellness.ca Email: elevatenutritionandwellness@gmail.com |
| | Food to Fit Nutrition Inc. (Brooke Bulloch and Associates, Saskatoon, Regina) Website: www.foodtofit.ca Email: admin@foodtofit.ca |
| | Frugal Minimalist Kitchen (Brienne Bell, Virtual) www.frugalminimalistkitchen.com Email: bri@frugalminimalistkitchen.com |
| | Health Stand Nutrition Consulting Website:www.HealthStandNutrition.com Email: jamie@healthstandnutrition.com |
| | Ignite Athletics (Mat Leung, Saskatoon) Website:www.igniteathletics.com/nutrition Email:mat@igniteathletics.com |
| | Inspiring Diabetes Empowerment Association- IDEA (Rebecca Sovdi) Website: www.idea-diabetes.com Email: rebecca@idea-diabetes.com |

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| | Jessica Braun, RD & Digestive Health (Jessica Braun, Virtual) Website: https://sites.google.com/view/jessicabraunrd Email: info@jessicabraunrd.com |
| | Loblaws Companies Inc. Website: www.loblaws.ca/dietitians Email: nicole.bogner@loblaw.ca |
| | North Battleford Strength and Conditioning (Dallas Odgers, North Battleford) Website: www.nbstrength.ca/nutritioncoaching Email: dallas.odgers@gmail.com |
| | Personal Best Nutrition Consulting Corp. (Thomas Hamilton and Carla Coulson, Regina) Email: pbnc@accesscomm.ca |
| | Roxane Wagner (Regina) Email: roxane.wagner@gmail.com Phone: 306-450-0244 |
| | The Food Fix RD (Taletha Bennett, Regina/Virtual) Website: www.thefoodfixrd.ca Email: talethabennettrd@gmail.com |
| | The Portean Dietitian (Maria Tanielian, Virtual) Website: www.theproteandietitian.com Email: info@theproteandietitian.com |
| | Shee Lillejord Dietitian (Shee Lillejord, Virtual) Website: www.sheelillejord.com Email: hello@sheelillejord.com |
| | Superbloom Wellness (Sophia Khan, Virtual) Website: www.superbloom.ca Email: superbloomwellness@outlook.com |
| | Vitality Nutrition (Courtney Berg and Associates) Website: www.vitalitynutrition.ca Email: Courtney@vitalitynutrition.ca |
| Group Class Options | Once you are referred to a dietitian, they may direct you to a group education class within their program that is appropriate for your situation and needs. Listed below are some options for general nutrition education and/or group classes run by registered dietitians that you can self-refer or sign yourself up for. |
| | Live Well in Saskatoon offers education on a number of chronic disease management topics, Craving Change program, Grocery Store Tours and Cooking Classes. Call 655-LIVE (5483) |
| | Weight Management – Group class in Saskatoon for Adults. Call 655-LIVE (5483) |
| | Weight Ways- class in Saskatoon for Adults. Call 655-LIVE (5483) |
| | Healthy Family Weights- Parents as Agents for Change classes in Saskatoon. Call 655-LIVE (5483) |
| | Independent Grocers in Saskatoon offers free monthly tours on selected topics and free tours |
| | Save on Foods offers virtual nutrition tours in Saskatoon, PA, Yorkton and Regina. Sign up for nutrition tours on their website: https://www.saveonfoods.com/nutrition-tours/ |

Saskatchewan Health Authority Diabetes Education Centers

| Location | Phone | Alternate Contact |
|---|--------------------------|--|
| Broadview and surrounding areas | 306-697-4007 | |
| Buffalo Narrows and surrounding areas | 306-235-5842 | |
| Carlyle and surrounding areas | 306-453-2075 | |
| Estevan and surrounding areas | 306-637-2415 | |
| Fort Qu'Appelle and surrounding areas | 306-332-3317 | |
| Grenfell and surrounding areas | 306-697-4007 | |
| Humboldt | 306-682-7070 | 1-855-250-7070 |
| Indian Head and surrounding areas | 306-697-4007 | |
| Kindersley and surrounding areas | 306-463-1000 ext 2522 | |
| La Ronge and surrounding areas | 306-425-4826 | |
| Lloydminster and surrounding areas | 306-820-6096 | |
| Macklin, Unity, Eston and surrounding areas | 306-463-1000 ext 2522 | |
| Maidstone and surrounding areas | 306-893-2622 | |
| Meadow Lake and surrounding areas | 306-236-1529 | |
| Melfort and surrounding areas | 306-752-8786 | |
| Moose Jaw and surrounding areas | 306-694-0230 | |
| Moosomin | 306-697-4007 | |
| Nipawin and surrounding areas | 306-862-9822 | |
| Outlook, Davidson & surrounding areas | 306-867-5042 | |
| North Battleford and surrounding areas | 306-446-6430 | |
| Prince Albert and surrounding areas | 306-765-6464 | |
| Regina | 306-766-7200 | |
| Rosetown, Biggar, Kerrobert and surrounding areas | 306 882 2672 ext 2522 | |
| Rosthern and surrounding areas | 306-862-9822 | |
| Saskatoon | 306-655-2136 | CDMLIVEWELL@saskatoonhealthregion.ca |
| Swift Current and surrounding areas | 306-778-5446 | |
| Tisdale and surrounding areas | 306-873-3760 | |
| Weyburn and surrounding areas | 306-848-2162 | |
| Whitewood and surrounding areas | 306-697-4007 | |
| Wolsley and surrounding areas | 306-697-4007 | |
| Yorkton and surrounding areas | 306-786-6363 | |