

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
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

	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	

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; Lebre	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

Regina	SHA Outpatient Dietitians serving Regina	306-766-0916
	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; Eaton; 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.
	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
	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 (Brianne Bell, Virtual) www.frugalminimalistkitchen.com Email: bri@frugalminimalistkitchen.com
	Growth Nutrition (Leland Guillemin, Saskatoon) Website: www.growthnutrition.ca Email: leland@growthnutrition.ca
	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
	Jessica Braun, RD & Digestive Health (Jessica Braun, Virtual) Website: https://sites.google.com/view/jessicabraunrd Email: info@jessicabraunrd.com
	Jess Martino, RD (Indian Head) Website: www.jessmartino.ca Email: jessmartinord@gmail.com

	Launch Nutrition (Chelsea Verbeek) Website: www.launchnutrition.ca Email: hello@launchnutrition.ca
	Nicky Otto Dietetics (Nicky Otto) Website: www.ottord.ca Email: nicky@ottord.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
	Summit Sports and Health (Karlee Schoff and Mark Thomas, Saskatoon) Website: www.summitsportsandhealth.com Email: clinc@summitsportsandhealth.com
	Roxane Wagner (Regina) Email: roxane.wagner@gmail.com Phone: 306-450-0244
	The Food Fix RD (Taletha Thurmeier, Regina/Virtual) Website: www.thefoodfixrd.ca Email: dietitian@thefoodfixrd.ca
	The Protean 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 Ways- class in Saskatoon for Adults or parents of children. 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	