PRIVATE PRACTICE DIETITIAN SERVICES IN SASKATCHEWAN

Private practice dietitians set their own rates, so check their website or contact them directly for pricing. Some insurance plans cover dietitian services, so review 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

ADHD AND BRAIN HEALTH NUTRITION (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.

BEYOND BABY NUTRITION (LACEY ENGEL, REGINA)

Website: www.beyondbabynutrition.com **Email:** beyondbabynutrition@gmail.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 & VIRTUAL)

Website: www.bloomboost.ca **Email:** hello@bloomboost.ca
Topics: Practical, evidence-based nutrition for modern families. We create digital resources, online courses, and tools to support introducing solids, toddler nutrition, and everyday eating habits — without overwhelm. We also develop whole-food approaches to fiber and nutrition that support digestion, energy, and balanced eating.

BREASTFEEDING DIETITIAN (ROBYN PRICE, MOOSE JAW & 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.

COLLECTIVE THERAPIES (DANA OLENIUK, SASKATOON & VIRTUAL)

Email: dana@collectivetherapies.ca **Website:** collectivetherapies.ca

Instagram: @collective.therapies.sk, @danaoleniuk.rd

Topics: Support for children, families and adults with feeding and nutrition challenges, growth concerns and neurodivergent related eating differences. Tube-weaning within a multidisciplinary clinical practice alongside SLP and OT. Medical ketogenic diet therapy for epilepsy and other evidence-based neurological indications, provided only in collaboration with physicians/specialists**.**

DIABETES TRAINING 101 INC. (MICHELLE ARCHER, REGINA & VIRTUAL)

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

Topics: Delivers diabetes education programs both in person and online. Offers intensive professional training programs and resource curriculum (Diabetes Manager University, Discovering Diabetes). Will also create and deliver custom diabetes training programs.

DIRECT DIETITIAN SERVICES (REBECCA PICOT)

Email: rebecca@directdietitian.ca **Website:** directdietitian.ca

Phone: 639-318-0288 **Instagram**: @directrdservices

Topics: Focusing on how to eat well for kidney disease and high blood pressure through one-on-one virtual appointments. Also supporting organizations and facilities across Saskatchewan through menu review and hands-on nutrition workshops.

EAT FOOD NUTRITION (MARY JANE WALKER, VIRTUAL)

Website: eatfoodnutrition.ca **Instagram:** @eatfoodnutrition **Facebook:** Eat Food Nutrition

Topics: Nutrition counselling by promoting healthy eating, meal planning and prep for overall health including custom plans for gut and microbiome health, digestive health, anti-inflammatory, selective eaters, intolerances, mood and energy, increasing protein, intermittent fasting and body positivity.

EMPOWER NUTRITION (ROCHELLE ANTHONY, SASKATOON & VIRTUAL)

Website:empowernutrition.ca **Email:** empowernutritionra@outlook.com **Phone:** 306-373-9355

Topics: Women's health with a focus on women in midlife. Areas of support include: Perimenopause/menopause, energy levels, blood sugar management, digestive and gut health, emotional eating and food cravings, weight and body composition changes.

FOOD TO FIT NUTRITION (SASKATOON, REGINA & VIRTUAL)

Website: www.foodtofit.ca **Email:** admin@foodtofit.ca **Phone:** 306-717-6291
Instagram: @foodtofit_nutrition **Facebook:** Food to Fit Inc

Topics: Personalized assessment, nutrition planning and counselling, and follow-up/monitoring using a non-diet/HAES-based approach. Areas of focus: eating disorders and disordered eating, body image counselling, gastrointestinal disorders (chronic constipation, GERD, irritable bowel syndrome, inflammatory bowel disease), PCOS, fertility, menopause transition, prenatal nutrition, infant feeding issues, breastfeeding support, childhood growth and development, mealtime struggles, neurodivergent-related eating differences (e.g. related to ADHD or Autism spectrum in children and adults), pre-diabetes, thyroid conditions, autoimmune conditions, and heart health.

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.

GROWTH NUTRITION (LELAND GUILLEMIN, SASKATOON & VIRTUAL)

Website: www.growthnutrition.ca **Email:** leland@growthnutrition.ca **Phone:** 306-380-3951

Topics: Supporting athletes, teams, and coaches to fuel their performance and wellbeing with one-on-one consultations, team education sessions/workshops, and personalized fueling plans to build practical skills, confidence, and sustainable habits to support training, recovery, and everyday life.

HOLISTIC PHYSIOTHERAPY AND WELLNESS (LAYNE ENGEL, SASKATOON & VIRTUAL)

Website: www.holisticphysiowellness.ca **Instagram:** @holisticphysiowellness
Email: admin@holisticphysiowellness.ca

Topics: infant and pediatric nutrition (growth concerns, starting solids, eating for active kids), prenatal/pregnancy/postpartum nutrition, women's health (PCOS, menopause), chronic conditions (diabetes, celiac, IBS/IBD); and general health eating and relationship with food support. Weight neutral and inclusive practice.

IGNITE ATHLETICS (MAT LEUNG, SASKATOON)

Website: www.igniteathletics.com/dietitian-services **Email:** mat@igniteathletics.com
Phone: 306-665-9984

Topics: Applied sports nutrition services supporting athletes, active individuals, teams and support staff across all levels. Providing individual consultations, team/group education and competition/training-based planning focused on fueling to optimize performance, recovery, injury rehabilitation, hydration and informed supplement use. Additional support for individuals experiencing fatigue, low energy availability, GI concerns during training/competition and barriers to consistent intake. Emphasis on translating nutrition plans into practical strategies that fit real-world schedules and sport-specific demands.

IDEA-Diabetes (REBECCA SOVDI)

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

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

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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).

JM NUTRITION (SASKATOON, REGINA & VIRTUAL)

Website: https://www.julienutrition.com/dietitian-nutritionist-saskatchewan/
Email:admin@julienutrition.com **Youtube**: @jmnutrition

Facebook: Julie Nutrition **Instagram:** @jm_nutrition **Twitter**: nutrition_jm

Topics: Weight management, chronic disease support (heart health, diabetes, liver disease, kidney disease, cancer, obesity, autoimmune disease and more), digestive health support (IBS, IBD, GERD, diverticulitis, gall bladder health and more), women's health (PCOS, menopause, hormones, thyroid, endometriosis, prenatal nutrition post-natal support, fertility and more), pediatric nutrition, sports nutrition, personalized meal planning, special diets (vegetarian, vegan, anti-inflammatory, Celiac disease and more), eating disorders and disordered eating, brain health, senior nutrition, workplace wellness and more.

LOBLAWS & SHOPPERS DRUG MART DIETITIAN SERVICES (SASKATOON & 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.

NEW GEN (KEN MULLOCK, REGINA & VIRTUAL)

Website: https://newgenfitness.janeapp.com/ **Phone:** 306-337-3733
Email: ken@newgenfitness.ca

Topics: : personalized nutrition goals, chronic disease prevention & management (prediabetes, type 2 diabetes, hypertension, high cholesterol, heart disease, fatty liver, PCOS/PMOS), fitness/sport, meeting nutrient requirements/preventing deficiencies & toxicity, improving relationship with food, intuitive eating, LGBTQ+ inclusive care.

NORTH BATTLEFORD STRENGTH AND CONDITIONING (DALLAS ODGERS)

Website: https://www.nbstrength.ca/nutritioncoaching **Email**: dallas.odgers@gmail.com
Phone: 306-713-1292

NOVA NUTRITION SK (KATIA HUCL AND ANNA TATARYN, SASKATOON)

Email: novanutritionsk@gmail.com **Instagram:** @novanutritionsk

Topics: Evidence-based nutrition counselling for eating disorders & disordered eating, improving relationships with food and bodies, chronic dieting, digestive health, and more. Committed to an anti-oppressive, non-diet, HAES approach to high-quality nutrition care for people of all genders, ages, ethnicities, and body sizes. Focus on Anorexia Nervosa, Avoidant Restrictive Food Intake Disorder, Bulimia Nervosa, Binge Eating Disorder, Eating Disorder Not Otherwise Specified, Relative Energy Deficiency in Sport, and Hypothalamic Amenorrhea.

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 heath, 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.

SLONEY NUTRITION (SLONEY SACHAR, REGINA & VIRTUAL)

Website: www.sloneynutrition.com **Email:** hello@sloneynutrition.com **Phone:** 639-999-6543

Topics: Personalized nutrition care for diabetes, heart and kidney health, liver health, hormones and everyday eating.

SUMMIT SPORTS AND HEALTH (KARLEE SCHOFF AND MARK THOMAS)

Website: www.summitsportsandhealth.com, www.thomasnutrition.ca
Instagram: @summitSPORTSANDHEALTH,@nutritionbykarlee **Facebook**: Summit Sports + Health
Email: clinic@summitsportsandhealth.com, markthomas.summit@gmail.com

Topics (Karlee): 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.

Topics (Mark): chronic disease management and prevention, health lifestyle management and food skills and gut health. Weight neutral and 2SLGBTQ sensitive practice.

SUPERBLOOM WELLNESS (SOPHIA WOLSFELD, 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.

THE FOOD FIX RD (TALETHA THURMEIER, 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 **E-mail:** info@theproteandietitian.com

Topics: Sports and performance nutrition, specialized in team sports, endurance sports and artistic sports (dance, gymnastics, figure skating, etc.). Healthy eating, weight management, healing relationship with food and body image, mindful eating, dietary management of chronic illnesses (high cholesterol, blood pressure, diabetes, pre-diabetes, cardiovascular disease), common digestive disorders (reflux, bloating, heartburn, diarrhea/constipation, nausea/vomiting), bone health & healthy aging.

VITALITY NUTRITION (COURTNEY BERG AND ASSOCIATES, SASKATOON, REGINA & VIRTUAL)

Website: www.vitalitynutrition.ca **Email:** courtney@vitalitynutrition.ca
Phone: 306-292-6419 **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.