

# Private Practice Registered Dietitians London and Middlesex County

2024

Organization	Populations	Nutrition Specialization(s)	Services	Inquiries Answered	Referral	Fees
<p>Jennifer Broxterman MSc, RD</p> <p>NutritionRx  <a href="http://www.nutritionrx.ca">www.nutritionrx.ca</a></p> <p>80 Grand Ave.  London, ON  N6C 1L7</p> <p>Phone: 519-520-9549</p> <p>Email: <a href="mailto:info@nutritionrx.ca">info@nutritionrx.ca</a></p>	<p>Adults 18+</p>	<ul style="list-style-type: none"> <li>• Personalized nutrition counselling</li> <li>• Healthy eating</li> <li>• Weight loss</li> <li>• Sports nutrition</li> <li>• Eating disorder recovery and establishing a positive relationship with food</li> <li>• Plant-based eating: vegan and vegetarian nutrition</li> <li>• Allergies and intolerances</li> <li>• Digestive health: IBS, GERD, Crohn's disease, ulcerative colitis, celiac disease, low FODMAP and FODMAP re-introduction</li> <li>• Women's health: PCOS, menopause, pre/post pregnancy</li> </ul>	<ul style="list-style-type: none"> <li>• Individual</li> <li>• Group <ul style="list-style-type: none"> <li>○ Public speaking</li> <li>○ Group Nutrition seminars</li> <li>○ Corporate wellness</li> </ul> </li> </ul>	<p>Yes</p> <p>Clients and/or professionals may call or email</p>	<p>Not required</p> <p>Self-referral</p> <p>Physician or other health professional</p>	<p>For more information:</p> <p><a href="https://nutritionrx.ca/work-with-us/">https://nutritionrx.ca/work-with-us/</a></p> <p>or email: <a href="mailto:info@nutritionrx.ca">info@nutritionrx.ca</a></p> <p>Fees frequently covered by workplace benefits or Employee Assistance Programs.</p> <p>Insurance receipts provided</p>

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<p>Jessica Ferris, BSc, RD</p> <p>Pediatric Dietitian, Centre for Family Nutrition</p> <p><a href="mailto:Jessica@sarahremmer.com">Jessica@sarahremmer.com</a></p> <p><a href="http://www.jessicaferrisrd.com">www.jessicaferrisrd.com</a></p> <p>Phone: 519-619-0943</p> <p>To Book:</p> <p>Email:</p> <p><a href="mailto:bookings@sarahremmer.com">bookings@sarahremmer.com</a></p> <p><a href="https://centreforfamilynutrition.janeapp.com">https://centreforfamilynutrition.janeapp.com</a></p>	<p>Children and youth 18 years and under</p>	<ul style="list-style-type: none"> <li>• Starting solids</li> <li>• Food relationships</li> <li>• Picky eaters</li> <li>• Texture aversions</li> <li>• Food allergies</li> <li>• Healthy lunch box planning</li> <li>• Constipation</li> <li>• Iron deficiency</li> <li>• Growth concerns</li> <li>• Celiac disease, gluten intolerance</li> <li>• Weight management</li> <li>• General pediatrics</li> </ul>	<ul style="list-style-type: none"> <li>• Virtual Visits</li> <li>• Individual</li> <li>• Group presentations: starting solids, childhood nutrition support</li> <li>• Family centered approach</li> </ul> <p>Providing primarily virtual sessions with in-home consultations on a case by case basis.</p>	<p>Yes</p> <p>Clients and/or professionals may call or email</p>	<p>Self</p> <p>Family physician or other health professionals</p>	<p>For more information:</p> <p><a href="http://www.thecentreforfamilynutrition.com">http://www.thecentreforfamilynutrition.com</a></p> <p><a href="mailto:Jessica@sarahremmer.com">Jessica@sarahremmer.com</a></p> <p>Fees frequently covered by workplace benefits.</p> <p>Insurance receipts provided.</p> <p>Discovery calls available</p>

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Pamela Glover, HBSc, RD Dietitians of London <a href="http://www.dietitiansoflondon.com">www.dietitiansoflondon.com</a> 110 Riverside Drive Suite 202 London, ON Phone: 519-868-2822 Email: <a href="mailto:dietitiansoflondon@gmail.com">dietitiansoflondon@gmail.com</a>	General population Lifecycle nutrition Women, men Children, youth Weight management Athletes Diabetes Workplace health	<ul style="list-style-type: none"> <li>• Weight loss or gain</li> <li>• Heart health</li> <li>• Sport nutrition</li> <li>• GI disorders</li> <li>• Endometriosis and PCOS</li> <li>• Pre and post pregnancy</li> <li>• Childhood feeding, Failure to Thrive</li> <li>• Food allergies</li> <li>• Eating disorders</li> <li>• Supermarket tours</li> <li>• Nutrition and dietary intake assessment</li> <li>• Bioelectric impedance analysis</li> <li>• Nutritional breakdowns for menus</li> </ul>	<ul style="list-style-type: none"> <li>• Individual</li> <li>• Group               <ul style="list-style-type: none"> <li>○ Public speaking</li> <li>○ Family consulting rates available</li> </ul> </li> </ul>	Yes Clients and/or professionals may call or email	Self Family physician or other health professionals	Initial Visit \$95 for initial consultation Follow-Up Visits \$45 for 30min \$30 for 15min Fees not covered by OHIP may be covered by some insurance plans. Employee assistance programs

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<p>Aimee Tyler-Smith, BScFN, BEd, RD</p> <p>The Nest: Nutrition for Mama and Baby</p> <p><a href="http://www.mamababynutrition.ca">www.mamababynutrition.ca</a></p> <p>Phone: 519-777-4544</p> <p>Email: <a href="mailto:aimee@mamababynutrition.ca">aimee@mamababynutrition.ca</a></p>	<p>Adults (mothers, mothers-to-be)</p> <p>Infants up to 12 months</p>	<ul style="list-style-type: none"> <li>Personalized Nutrition Counselling:</li> <li>Pre-pregnancy (preparing for pregnancy)</li> <li>Prenatal, pregnancy, including Gestational Diabetes</li> <li>Postnatal (up to one year postpartum)</li> <li>Breastfeeding and infant nutrition (up to 12 months)</li> <li>Introducing solids</li> </ul>	<ul style="list-style-type: none"> <li>Individual nutrition counselling</li> <li>Group: workshops, seminars, lunch and learns, public speaking</li> <li>Virtual introducing solids program</li> </ul> <p>Services available through virtual/remote counselling</p> <p><a href="https://mamababynutrition.ca/services/">https://mamababynutrition.ca/services/</a></p>	<p>Yes</p> <p>Clients and/or professionals may call or email</p>	<p>Self Family physician or other health professional</p>	<p>Contact to schedule a free 10-minute phone consultation: <a href="mailto:aimee@mamababynutrition.ca">aimee@mamababynutrition.ca</a></p> <p>Fees frequently covered by workplace benefits or Employee Assistance Programs.</p> <p>Insurance receipts provided.</p>

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<p>Jillian Walsh, RD, RP</p> <p>Change.Creates.Change Nutrition Counselling</p> <p><a href="https://changecreateschange.com/">https://changecreateschange.com/</a></p> <p>Phone: 519-639-6090</p> <p>Fax: 1-844-430-0206</p> <p>Email: <a href="mailto:info@changecreateschange.com">info@changecreateschange.com</a></p>	<p>Children and youth</p> <p>Adults</p> <p>Families</p>	<p><b>Individual and family nutrition counselling:</b></p> <ul style="list-style-type: none"> <li>Eating disorders, including anorexia nervosa, bulimia nervosa, binge eating disorder and avoidant restrictive food intake disorder</li> <li>Disordered eating patterns</li> <li>Body image concerns</li> <li>Meal support therapy</li> <li>Intuitive eating</li> <li>Mindful eating</li> </ul>	<ul style="list-style-type: none"> <li>Individual</li> <li>Families</li> <li>Couples</li> <li>Group workshops and presentations</li> </ul>	<p>Yes</p> <p>By phone or email</p> <p>Link to schedule free 10-minute phone consultation:</p> <p><a href="https://changecreateschange.com/secure/">https://changecreateschange.com/secure/</a></p> <p><a href="mailto:jillianwalsh@changecreateschange.com">jillianwalsh@changecreateschange.com</a></p>	<p>Self Family physician or other health professionals</p>	<p>Details on packages and rates can be viewed here: <a href="https://changecreateschange.com/services/">https://changecreateschange.com/services/</a></p> <p>Fees frequently covered by workplace benefits or Employee Assistance Programs. Insurance receipts provided.</p>

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<p>Sue Ward, HBSoc., RD</p> <p>Nourishing All Bodies – Weight Inclusive Fertility Nutrition</p> <p><a href="http://www.nourishingallbodies.com">www.nourishingallbodies.com</a></p> <p>Email: <a href="mailto:sue@nourishingallbodies.com">sue@nourishingallbodies.com</a></p> <p>Phone: 519-619-2043</p>	<p>Weight-inclusive provider for reproductive health</p>	<ul style="list-style-type: none"> <li>• Infertility and Preconception</li> <li>• Prenatal</li> <li>• Trying to conceive or pregnant</li> <li>• In a larger body</li> <li>• At an older age</li> <li>• Post- weight loss surgery</li> <li>• With history of disordered eating/chronic dieting</li> <li>• Preparing for IUI, IVF, egg freezing</li> <li>• PCOS</li> <li>• Endometriosis</li> <li>• Amenorrhea</li> <li>• Hashimoto’s Hypothyroidism</li> <li>• Freedom from chronic dieting</li> </ul>	<ul style="list-style-type: none"> <li>• Individual counselling via telehealth</li> </ul>	<p>Yes, via email</p>	<p>Not required</p>	<p>Information about rates and services available at <a href="http://www.nourishingallbodies.com">www.nourishingallbodies.com</a></p> <p>Contact Sue to set up a free information phone call at <a href="mailto:sue@nourishingallbodies.com">sue@nourishingallbodies.com</a></p>

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<p>Jenna Zaika, RD</p> <p>Intuition Nutrition  <a href="http://www.intuitionnutrition.ca">www.intuitionnutrition.ca</a></p> <p>Location: 990 Gainsborough Road, London, ON, N6H L4</p> <p>Phone: 226-702-0734</p> <p>Email:  <a href="mailto:info@intuitionnutrition.ca">info@intuitionnutrition.ca</a></p>	<p>Youth, children  Adults  Partners and Families  Pregnant, post-partum</p>	<ul style="list-style-type: none"> <li>• Intuitive eating</li> <li>• Breaking free from diet culture</li> <li>• Health at Every Size (HAES)</li> <li>• Disordered eating</li> <li>• Body image concerns</li> <li>• Heart health</li> <li>• Postpartum nutrition</li> <li>• Chronic disease prevention and management (e.g. hypertension, diabetes - pre and Type 2 only)</li> <li>• PCOS</li> <li>• Child nutrition, raising intuitive eaters</li> </ul>	<ul style="list-style-type: none"> <li>• In-office and virtual appointments for the following:  Individual  Partners  Families  Groups (virtual and in-person): <ul style="list-style-type: none"> <li>• Trust Your Gut (intuitive eating support group)</li> <li>• Nurturing a Positive Relationship with Food: Mama Edition</li> <li>• Raising Intuitive Eaters</li> <li>• Corporate wellness workshops</li> </ul> </li> </ul>	<p>Yes, by phone or email</p> <p>226-702-0734</p> <p><a href="mailto:info@intuitionnutrition.ca">info@intuitionnutrition.ca</a></p> <p><b>Free 15-minute discovery calls offered</b></p>	<p>Not required</p> <p>Free parking, evening appts available</p>	<p>60-minute initial assessment: \$160</p> <p>30-minute follow-up assessment: \$90</p> <p>Packages available as well</p> <p>*New: Therapist now on team (Registered Social Worker)!</p>