



**Nutrition Directory
Private Practice Dietitians**

2020

Organization / Staff	Populations Served	Nutrition Specialization(s)	Services (individual / group)	Inquiries Answered	Referral	Fees
<p>Jennifer Broxterman MSc, RD</p> <p>NutritionRx www.nutritionrx.ca</p> <p>Location: 523 First Street London, ON N5V 1Z4</p> <p>Phone: 519-520-9549</p> <p>info@nutritionrx.ca</p>	<ul style="list-style-type: none"> adults 18+ 	<p>Personalized nutrition counselling:</p> <ul style="list-style-type: none"> healthy eating weight loss sports nutrition eating disorder recovery and establishing a positive relationship with food plant-based eating: vegan & vegetarian nutrition allergies & intolerances digestive health: IBS, GERD, Crohn's disease, ulcerative colitis, celiac disease, low FODMAP and FODMAP re-introduction women's health: PCOS, menopause, pre/post pregnancy 	<ul style="list-style-type: none"> individual group <ul style="list-style-type: none"> public speaking group nutrition seminars corporate wellness 	<ul style="list-style-type: none"> yes clients and/or professionals may call or email 	<ul style="list-style-type: none"> not required self referral physician or other health professional 	<p>For more information:</p> <p>www.nutritionrx.ca/services-rates/nutrition-packages-rates</p> <p>or email: info@nutritionrx.ca</p> <ul style="list-style-type: none"> Fees frequently covered by workplace benefits or Employee Assistance Programs. Insurance receipts provided.
<p>Lisa Cianfrini MScFN, RD</p> <p>Nutrition Professional of Canada www.NutriProCan.ca</p> <p>Synergy Centre 1635 Hyde Park Road London, ON</p> <p>Advanced Medical Group 230 Victoria Street London, ON</p> <p>Phone: 519-933-5470</p> <p>lisa@nutriprocan.ca</p>	<ul style="list-style-type: none"> youth/children adults families pregnant/post-partum 	<ul style="list-style-type: none"> personalized nutrition/ nutrigenomics sports performance weight loss primary and secondary disease prevention allergies and intolerances corporate wellness pregnancy/post-partum intolerances/IBS/IBD pre-diabetic/diabetic chronic disease management 	<ul style="list-style-type: none"> nutrigenomix(R) personalized nutrition sports nutrition for youth & adults healthy weight & weight loss menu/meal plans disease prevention & nutrition therapy for prediabetes, type 2 diabetes, hypertension, high cholesterol, heart disease allergies & intolerances grocery shopping 	<ul style="list-style-type: none"> yes 	<ul style="list-style-type: none"> not required 	<p>Please contact for individual and group fees:</p> <ul style="list-style-type: none"> 519-933-5470 lisa@nutriprocan.ca www.NutriProCan.ca

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<p>Jessica Ferris BSc, RD</p> <p>Providing In-Home Consultations for London and Surrounding Area www.JessicaFerrisRD.com</p> <p>Phone: 519-619-0943 Fax: 518-488-5138</p> <p>jessicaferrisrd@gmail.com</p> <p>Find me on Facebook & Instagram as: @Jessica Ferris RD</p>	<ul style="list-style-type: none"> Children and Youth 18years and under 	<ul style="list-style-type: none"> Starting Solids Food Relationships Picky Eaters Texture Aversions Food Allergies Healthy Lunch Box Planning Constipation Iron Deficiency Growth Concerns Celiac / Gluten Intolerance Weight Management General Pediatrics 	<ul style="list-style-type: none"> Home Visits Individual Group <ul style="list-style-type: none"> Family Counselling available Starting Solids Baby Led Weaning Picky Eating 	<ul style="list-style-type: none"> Yes; Clients and/or professionals may call or email 	<ul style="list-style-type: none"> Not required Self-referral Physician or other health care professional 	<p>For more information: www.jessicaferrisrd.com/services-rates/</p> <p>or email: jessicaferrisrd@gmail.com</p> <ul style="list-style-type: none"> Fees frequently covered by workplace benefits. Insurance receipts provided. For clients outside London a mileage fee is applicable.
<p>Pamela Glover HBS, RD</p> <p>Dietitians of London www.dietitiansoflondon.com</p> <p>110 Riverside Drive Suite 202 London, ON N6H 4S5</p> <p>Cell: 519-868-2822</p> <p>dietitiansoflondon@gmail.com</p>	<ul style="list-style-type: none"> general population lifecycle nutrition women and men children and youth weight management athletes diabetes workplace health 	<ul style="list-style-type: none"> weight loss or gain heart health sport nutrition GI disorders endometriosis and PCOS pre/post pregnancy childhood feeding/FTT food allergies eating disorders supermarket tours nutrition and dietary intake assessment bioelectric impedance analysis nutritional breakdowns for menus 	<ul style="list-style-type: none"> individual group <ul style="list-style-type: none"> public speaking family consulting rates available 	<ul style="list-style-type: none"> clients and/or professionals may call or email 	<ul style="list-style-type: none"> self family physician other health professional fees not covered by OHIP may be covered by some insurance plans employee assistance programs flexible hours 	<p>Initial Visit</p> <ul style="list-style-type: none"> \$95 for initial consultation <p>Follow-Up Visits</p> <ul style="list-style-type: none"> \$45 for 30min \$30 for 15min
<p>Navreeti Sharma MScFN, RD</p> <p>Nutrition Professional of Canada (NutriProCan)</p>	<ul style="list-style-type: none"> Youth Adult Older adults Families All stages of 	<ul style="list-style-type: none"> weight management (weight loss/weight gain) personalized nutrition/ nutrigenomics sports performance primary and secondary disease 	<ul style="list-style-type: none"> In-depth nutrition assessments Full follow-ups Quick check-ins Individualized nutritional 	<ul style="list-style-type: none"> Yes, via email or phone 	<ul style="list-style-type: none"> not required fees not covered by OHIP (may be covered by some insurance plans) 	<p>Please contact for fees and additional information:</p> <ul style="list-style-type: none"> 519-777-7504 nav@nutriprocan.ca

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<p>Vaughan Medical Clinic 9401 Jane St #121 Maple, ON L6A 4H7</p> <p>Advanced Medical Group 230 Victoria Street London, ON N6A 2C2</p> <p>Synergy Centre 1635 Hyde Park Road London, ON N6H 5L7</p> <p>Phone: 519-777-7504</p> <p>nav@nutriprocan.ca</p>	<p>pregnancy</p>	<p>prevention</p> <ul style="list-style-type: none"> allergies and intolerances pregnancy/post-partum intolerances/IBS/IBD pre-diabetic/diabetic chronic disease management corporate wellness 	<p>packages</p> <ul style="list-style-type: none"> Customized meal plans Nutrigenomix personalized nutrition Presentations to organizations and corporations 		<ul style="list-style-type: none"> physician referral may be required for reimbursement 	<ul style="list-style-type: none"> www.NutriProCan.ca
<p>Ayesha Sarathy MScFN, RD</p> <p>Balanced Nutrition Solutions www.balancednutritionolutions.com</p> <p>1537 Sandpiper Drive London, ON N5X 0G4</p> <p>Phone: 519-719-5600</p> <p>info@balancednutritionolutions.com</p>	<ul style="list-style-type: none"> all ages and genders 	<ul style="list-style-type: none"> weight management (weight gain or weight loss) meal planning pregnancy (prenatal and/or postnatal) breastfeeding and infant nutrition prediabetes and type 2 diabetes (non-insulin dependent) women's health, including PCOS family nutrition high cholesterol/high blood pressure special diets (e.g. vegetarianism, lactose intolerance, Celiac) digestive problems (IBS, Crohn's, constipation, etc.) 	<ul style="list-style-type: none"> individual group (couples, families, small and large groups) weight loss program presentations to organizations and corporations meal plans based on a nutrition assessment 	<ul style="list-style-type: none"> via email or phone info@balancednutritionolutions.com 519-719-5600 	<ul style="list-style-type: none"> self-referrals referral from physician or other health professional 	<p>Initial Visit</p> <ul style="list-style-type: none"> \$100 <p>Follow Up Visits</p> <ul style="list-style-type: none"> \$60 <p>For more information: www.balancednutritionolutions.com</p>
<p>Aimee Tyler-Smith BScFN, BEd, RD</p> <p>The Nest: Nutrition for</p>	<ul style="list-style-type: none"> Adults (mothers/mothers-to-be) Infants up to 12 months 	<p>Personalized Nutrition Counselling:</p> <ul style="list-style-type: none"> Pre-pregnancy (preparing for pregnancy) Prenatal/Pregnancy, including Gestational Diabetes 	<ul style="list-style-type: none"> Individual Nutrition Counselling Group: workshops, seminars, lunch and learns, public speaking, 	<ul style="list-style-type: none"> Yes; clients and/or professionals may call or email 	<ul style="list-style-type: none"> Not required Self-referral Physician or other healthcare professional 	<p>Details on packages and rates can be viewed here: https://mamababynutrition.ca/package-descriptions/</p>

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<p>Mama & Baby www.mamababynutrition.ca</p> <p>Phone: 519-777-4544</p> <p>aimee@mamababynutrition.ca</p> <p>Services available in-office, or via video conferencing.</p>		<ul style="list-style-type: none"> • Postnatal (up to one year postpartum) • Breastfeeding and infant nutrition (up to 12 months) 	<p>etc.</p>		<p>referral welcomed</p>	<p>Contact to schedule a free 10-minute phone consultation: aimee@mamababynutrition.ca</p> <ul style="list-style-type: none"> • Fees frequently covered by workplace benefits or Employee Assistance Programs • Insurance receipts provided
<p>Sue Ward, RD</p> <p>Nourishing Bytes Nutrition Counselling</p> <p>www.nourishingbytes.com</p> <p>Sue@nourishingbytes.com</p>	<ul style="list-style-type: none"> • Inclusive provider for women's health issues 	<ul style="list-style-type: none"> • Infertility and Preconception • Pregnancy and Post-partum • Gestational Diabetes • PCOS • Endometriosis • Amenorrhea • Hashimoto's Hypothyroidism • History of Weight-loss Surgery • Menopause and peri-menopausal health changes such as diabetes, elevated cholesterol, high blood pressure, osteoporosis • Disordered eating • Freedom from chronic dieting 	<ul style="list-style-type: none"> • Individual counselling in person or via telehealth 	<ul style="list-style-type: none"> • Yes, via email 	<ul style="list-style-type: none"> • Not required 	<p>Information about rates and services available at www.nourishingbytes.com</p> <p>Contact Sue to set up a free information phone at Sue@nourishingbytes.com</p>
<p>Jillian Walsh RD, CDE</p> <p>change.create.change Nutrition Counselling</p> <p>www.changecreateschange.com</p> <p>Phone: 519-639-6090</p>	<ul style="list-style-type: none"> • children • adolescents • adults • families 	<p>Individual and family nutrition counselling:</p> <ul style="list-style-type: none"> • eating disorders, including anorexia nervosa, bulimia nervosa, binge eating disorder and avoidant restrictive food intake disorder • disordered eating patterns • body image concerns • meal support therapy 	<ul style="list-style-type: none"> • individual • family • couples • group workshops and presentations 	<ul style="list-style-type: none"> • Yes • By phone or email 	<ul style="list-style-type: none"> • not required • self-referral • health professionals can refer as well 	<p>Details on packages and rates can be viewed here: https://changecreateschange.com/eating-disorder-services/</p> <p>Contact to schedule free 10-minute phone consultation:</p>

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<p>Fax: 519-204-6090</p> <p>jillianwalsh@changecreateschange.com</p>		<ul style="list-style-type: none"> intuitive eating mindful eating 				<p>jillianwalsh@changecreateschange.com</p> <ul style="list-style-type: none"> Fees frequently covered by workplace benefits or Employee Assistance Programs. Insurance receipts provided.
<p>Tatiana Pyper, RD</p> <p>Nutrition by Tatiana www.nutritionbytatiana.com</p> <p>Phone: 519-319-9456 Fax: 226-785-0937</p> <p>nutritionbytatiana@gmail.com</p>	<ul style="list-style-type: none"> all ages 	<ul style="list-style-type: none"> Allergies Cardiovascular Digestive Health Mental Health Micronutrient Deficiencies Bone Health Prenatal Pediatric (Nutrition for children) Prediabetes/Diabetes Nutrition Other Nutritional Services 	<ul style="list-style-type: none"> individual group 	<ul style="list-style-type: none"> Yes Clients and/or health care professionals may call or email 	<ul style="list-style-type: none"> Self-referral Physician or other health care professional can refer 	<p>For more information: www.nutritionbytatiana.com</p> <p>or email: nutritionbytatiana@gmail.com</p>
<p>Robert Thomas MSc, RD</p> <p>Mindful and Nourished mindfulandnourished.com info@mindfulandnourished.com</p> <p>Phone: 226-600-0720</p> <p>Services Currently Provided via Video Conferencing or In-Home Visits</p>	<ul style="list-style-type: none"> Adults Youth Families Athletes 	<ul style="list-style-type: none"> Sports Nutrition Disordered Eating Weight Management Pre-Diabetes and Diabetes Prevention/Management Chronic Disease Prevention/Management 	<ul style="list-style-type: none"> Telehealth Individual Nutrition Counselling Meal Planning for Athletic Competition and Training Group Presentations and Workshops 	<ul style="list-style-type: none"> Yes; clients or health professionals may email 	<ul style="list-style-type: none"> Not required 	<p>Package Pricing Viewable at mindfulandnourished.com/services/</p> <p>Contact to schedule a free 15-minute phone consultation info@mindfulandnourished.com</p> <p>Receipts for health insurance plans provided.</p>