

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 www.nutritionrx.ca</p> <p>80 Grand Ave. London, ON N6C 1L7</p> <p>Phone: 519-520-9549</p> <p>Email: info@nutritionrx.ca</p>	<p>Adults 18+</p>	<ul style="list-style-type: none"> • Personalized nutrition counselling • Healthy eating • Weight loss • Sports nutrition • Eating disorder recovery and establishing a positive relationship with food • Plant-based eating: vegan and vegetarian nutrition • Allergies and 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 	<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>https://nutritionrx.ca/work-with-us/</p> <p>or email: info@nutritionrx.ca</p> <p>Fees frequently covered by workplace benefits or Employee Assistance Programs.</p> <p>Insurance receipts provided.</p>

Organization	Populations	Nutrition Specialization(s)	Services	Inquiries Answered	Referral	Fees
<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>Email: lisa@nutriprocan.ca</p>	<p>Children and youth</p> <p>Adults</p> <p>Families</p> <p>Pregnancy and post- partum</p>	<ul style="list-style-type: none"> • Personalized nutrition and 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® personalized nutrition • Sports nutrition for youth and adults • Healthy weight and weight loss • Menu and meal plans • Disease prevention and nutrition therapy for prediabetes, type 2 diabetes, hypertension, high cholesterol, heart disease • Allergies and intolerances • Grocery shopping 	<p>Yes</p>	<p>Not required</p>	<p>Please contact for individual and group fees:</p> <p>519-933-5470</p> <p>lisa@nutriprocan.ca www.NutriProCan.ca</p>

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<p>Jessica Ferris, BSc, RD Pediatric Dietitian, Centre for Family Nutrition</p> <p>Jessica@sarahremmer.com</p> <p>www.jessicaferrisrd.com</p> <p>Phone: 519-619-0943</p> <p>Facebook and Instagram: @JessicaFerrisRD</p> <p>To Book: Email: bookings@sarahremmer.com</p> <p>https://centreforfamilynutrition.janeapp.com</p>	<p>Children and youth 18 years and under</p>	<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 disease, gluten intolerance • Weight management • General pediatrics 	<ul style="list-style-type: none"> • Virtual Visits • Individual • Group presentations: starting solids, childhood nutrition support • Family centered approach <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 professional</p>	<p>For more information:</p> <p>http://www.thecentreforfamilynutrition.com</p> <p>Jessica@sarahremmer.com</p> <p>Fees frequently covered by workplace benefits.</p> <p>Insurance receipts provided.</p> <p>Discovery calls available</p>

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<p>Pamela Glover, HBS, RD</p> <p>Dietitians of London</p> <p>www.dietitiansoflondon.com</p> <p>110 Riverside Drive Suite 202 London, ON</p> <p>Phone: 519-868-2822</p> <p>Email: dietitiansoflondon@gmail.com</p>	<p>General population</p> <p>Lifecycle nutrition</p> <p>Women, men</p> <p>Children, youth</p> <p>Weight management</p> <p>Athletes</p> <p>Diabetes</p> <p>Workplace health</p>	<ul style="list-style-type: none"> Weight loss or gain Heart health Sport nutrition GI disorders Endometriosis and PCOS Pre and post pregnancy Childhood feeding, Failure to Thrive 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 	<p>Yes</p> <p>Clients and/or professionals may call or email</p>	<p>Self</p> <p>Family physician or other health professional</p>	<p>Initial Visit</p> <p>\$95 for initial consultation</p> <p>Follow-Up Visits</p> <p>\$45 for 30min \$30 for 15min</p> <p>Fees not covered by OHIP may be covered by some insurance plans. Employee assistance programs</p>
<p>Navreeti Sharma, MScFN, RD</p> <p>NutriProCan Dietitians</p> <p>www.NutriProCan.ca</p> <p>Phone: 519-777-7504</p> <p>Email: nav@nutriprocan.ca</p>	<p>Youth</p> <p>Adult</p> <p>Older adults</p> <p>Families</p> <p>All stages of pregnancy</p>	<ul style="list-style-type: none"> Healthy weight management (weight loss, weight gain) Personalized meal plans with portions calculated to individual nutrition needs Plant-based eating (vegetarian/vegan) Nutrigenomix® (genetic testing) Nutrition for fitness Primary and secondary disease prevention Chronic disease management (cholesterol, high blood pressure, blood sugar management, etc) Allergies and intolerances Women's health: pre-pregnancy, pregnancy, post-partum, PCOS, perimenopause, menopause IBS, digestive concerns Pre-diabetic, diabetic 	<ul style="list-style-type: none"> In-depth nutrition assessments Full follow-ups Quick check-ins Individualized nutritional packages Customized meal plans Nutrigenomix® personalized nutrition Presentations to organizations and corporations <p>Services available through virtual/remote counselling</p>	<p>Yes</p> <p>Book a complimentary 20-minute consultation</p> <p>Call or email us to discuss your goals and our services</p> <p>https://nutriprocan.janeapp.com/</p>	<p>Not required</p>	<p>Please contact for fees and additional information:</p> <p>519-777-7504</p> <p>nav@nutriprocan.ca</p> <p>www.NutriProCan.ca</p> <p>Fees not covered by OHIP (often covered by workplace insurance plans)</p> <p>Physician referral may be required for reimbursement</p>

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<p>Aimee Tyler-Smith, BScFN, BEd, RD</p> <p>The Nest: Nutrition for Mama and Baby</p> <p>www.mamababynutrition.ca</p> <p>Phone: 519-777-4544</p> <p>Email: aimee@mamababynutrition.ca</p>	<p>Adults (mothers, mothers-to-be)</p> <p>Infants up to 12 months</p>	<ul style="list-style-type: none"> Personalized Nutrition Counselling: Pre-pregnancy (preparing for pregnancy) Prenatal, pregnancy, including Gestational Diabetes Postnatal (up to one year postpartum) Breastfeeding and infant nutrition (up to 12 months) Introducing solids 	<ul style="list-style-type: none"> Individual nutrition counselling Group: workshops, seminars, lunch and learns, public speaking Virtual introducing solids program <p>Services available through virtual/remote counselling</p> <p>https://mamababynutrition.ca/services/</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: aimee@mamababynutrition.ca</p> <p>Fees frequently covered by workplace benefits or Employee Assistance Programs.</p> <p>Insurance receipts provided.</p>
<p>Jillian Walsh, RD, RP</p> <p>Change.Creates.Change Nutrition Counselling</p> <p>https://changecreateschange.com/</p> <p>Phone: 519-639-6090</p> <p>Fax: 1-844-430-0206</p> <p>Email: info@changecreateschange.com</p>	<p>Children and youth</p> <p>Adults</p> <p>Families</p>	<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 Intuitive eating Mindful eating 	<ul style="list-style-type: none"> Individual Families Couples Group workshops and presentations 	<p>Yes</p> <p>By phone or email</p> <p>Link to schedule free 10-minute phone consultation: https://changecreateschange.clientsecure.me/</p> <p>jillianwalsh@changecreateschange.com</p>	<p>Self Family physician or other health professional</p>	<p>Details on packages and rates can be viewed here: https://changecreateschange.com/services/</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>https://nourishingallbodies.com/</p> <p>Email: sue@nourishingallbodies.com</p> <p>Phone: 519-619-2043</p>	<p>Weight-inclusive provider for reproductive health</p>	<ul style="list-style-type: none"> • Infertility and Preconception • Prenatal • Trying to conceive or pregnant • In a larger body • At an older age • Post- weight loss surgery • With history of disordered eating/chronic dieting • Preparing for IUI, IVF, egg freezing • PCOS • Endometriosis • Amenorrhea • Hashimoto’s Hypothyroidism • Freedom from chronic dieting 	<ul style="list-style-type: none"> • Individual counselling via telehealth 	<p>Yes, via email</p>	<p>Not required</p>	<p>Information about rates and services available at www.nourishingallbodies.com</p> <p>Contact Sue to set up a free information phone call at sue@nourishingallbodies.com</p>