

registered dietitian services



north simcoe
family health team

helping you be the healthiest you

registered dietitian services

program overview

A dietitian will provide a 1 hour initial assessment and 1/2 hour ongoing follow up appointment. Registered dietitians provide credible, evidence-based recommendations and work with you to develop a comprehensive nutritional care plan.

reasons for visiting may include:

- Allergies/Intolerances
- Cancers
- Cardiovascular Disease
- Chronic Kidney Disease, Kidney Stones
- Diabetes, Pre-diabetes, PCOS, Pancreatitis, Metabolic Disorders
- Disordered eating patterns
- GERD, Crohn's, Ulcerative Colitis, Celiac, IBS, Diverticulosis, Gastroparesis
- Healthy weight gain for pregnancy, pre and post-natal nutrition, pediatric nutrition
- Hypertension
- Respiratory (COPD)
- Nutrient deficiencies (ex. Anemias for iron, folate or vitamin B12 deficiency)

interested in this program?

call our team to register
705.526.7804

or visit - www.nsfht.ca



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