

General Nutrition Information

Health811

Contact a Registered Dietitian for free. Dial 811 and ask to speak to a Registered Dietitian. You can also visit healthconnectontario.health.gov.on.ca to start an online chat. Registered dietitians are available weekdays between 9am – 5pm, with extended hours (until 9pm) on Thursdays.

Unlock Food

Find expert nutrition information created by Registered Dietitians. Topics include nutrition, food, and chronic disease prevention through all stages of life. You can also find recipes, videos and interactive healthy eating tools. Visit <https://www.unlockfood.ca/en/default.aspx>

Peterborough Public Health

For information on how to connect with food and nutrition programs, call 705-743-1000 or visit <https://www.peterboroughpublichealth.ca/your-health/healthy-living-and-eating/>

Drop-in Programs and Classes

Programs/Drop in Classes

Peterborough Child and Family Centres

Babies First Prenatal Nutrition Program

Helps women to prepare for labour, birth and the transition to parenthood in a highly supportive environment. To register, call 705-748-9144. You can also find more information about specialized programs at Peterborough Child and Family Centres at <http://ptbocfc.ca/specialized-programs/>

Nutrition Counseling

General Health

Family Health Team Dietitians

Free access to nutrition counseling with a Registered Dietitian - Physician referral required. Group nutrition programs and workshops are open to residents living in Peterborough City and County, and include Mindful Eating, Diabetes Prevention, and Heart Health. For more information, call 705-740-8020 or visit <https://www.peterboroughfht.com/>

Pediatric Outpatient Clinic, Peterborough Regional Health Centre

Free access to a Registered Dietitian for assistance with pediatric nutrition concerns for newborns to 18 years of age. Referral from a pediatrician, family physician, nurse practitioner, nurse, registered dietitian, speech pathologist or occupational therapist required. Referrals can be requested on behalf of the infant, child or teen in need of these services.

For more information, call 705-743-2121, ext. 2235 or visit <https://www.prhc.on.ca/healthcare-services/women-children/pediatrics/>

Central East Community Care Access Centre (CECCAC) – Peterborough Branch

A Registered Dietitian is available to provide a range of care and supportive services for individuals in the community. Doctor referral not required.

For more information, call 705-743-2212 and ask for intake.

Peterborough 360 Degree Nurse Practitioner-Led Clinic

A Registered Dietitian is available for patients registered with this clinic.

For more information, call 705-874-3900, or visit <https://www.360nursepractitionerledclinic.ca/>

Community Health Centres of Northumberland

A Community Registered Dietitian provides one-on-one nutritional counselling, group presentations/workshops and cooking demonstrations. Dietitians counsel clients on general healthy eating, weight management, cholesterol, blood pressure, digestive health, eating behaviours, culinary education.

Call 905-885-2626 to inquire about services for both individual and group sessions, or visit <https://chcnorthumberland.ca/services/nutrition/>

Private Practice Dietitians

- **Anjoli Moggach, RD** – Specializes in sports performance and relationship with food. *Contact:* Trent Health in Motion (1600 West Bank Drive). Call 705-741-4758, email info@trenthealthinmotion.ca or visit <https://www.trenthealthinmotion.ca/services/dietitian-services/>. Fee for service.
- **Breanne Drury, RD** - Specializes in group counselling, seminars, workshops, cooking demos, industry consulting, and corporate wellness. *Contact:* Peterborough Nutrition. Call 705-313-6501, email dietitian@ptbonutrition.com or visit <http://www.ptbonutrition.com/>. Fee for service.
- **Gail LeBlanc, RD** - Specializes in cancer, diabetes, weight, geriatrics, diverticulitis, heart health, corporate and community presentations. Will accommodate home visits. *Contact:* Call 613-965-1050. Fee for service.
- **Kelly Proulx, RD, CDE** - Specializes in weight management with a mindful eating and healthy at every size approach, diabetes, heart disease, and pre and post-partum nutrition. *Contact:* Mindful Nutrition and Wellness. Call 705-761-8443, email mindful.nutrition.wellness@gmail.com, or visit <http://www.mindfulnutritionandwellness.com/>. Fee for service.
- **Kyla Blackie, RD** - Specializes in intuitive eating and mindful eating, with an anti-diet, weight-neutral approach to well-being. *Contact:* Body Love Dietitian. *Contact:* Visit www.bodylovedietitian.com, or email kyla@bodylovedietitian.com. Fee for service.
- **Lise Leahy, RD, CDE** - Specializes in feeding challenges in babies and children, food refusal with ASD, eating disorders in children teens and adults, and food intolerances/ GI issues. *Contact:* email lise.leahy@gmail.com or visit www.Leahy-Nutrition.com. Fee for service.
- **Shavonne Wood, MHSc, RD, CDE** - Specializes in metabolic health, blood sugar control, and mindful eating. *Contact:* Email shavonnewoodrd@gmail.com, or visit www.wellbalancedrd.com. Fee for service.

Peterborough Regional Health Centre (PRHC) Registered Dietitians

Cancer

Peterborough Regional Outpatient Cancer Care Clinic

A Registered Dietitian is available to answer your questions and/or concerns.

Call 705-743-2121, ext. 2323. Visit www.prhc.on.ca/cms/cancer-symptom-management-clinic.

Diabetes

Adult Diabetes Education Centre, Peterborough Regional Health Centre

Physician or self-referral. Staffed by Certified Diabetes Educators (Dietitians & Nurses).

For more information, call 705-740-8324, or email dcstaff@prhc.on.ca.

Visit <https://www.diabetes.ca/> or <https://www.prhc.on.ca/healthcare-services/diabetes/>

Pediatric Diabetes Program, Peterborough Regional Health Centre

Physician or self-referral. For more information, call 705-743-2121 ext. 2235.

Visit <https://www.diabetes.ca/> or <https://www.prhc.on.ca/healthcare-services/women-children/pediatric-diabetes-education-centre/>

Eating Disorders

Family & Youth Clinic, Peterborough Regional Health Centre

Provides services for all ages. For more information, call 705-743-2121 ext. 5114 or visit

https://www.prhc.on.ca/healthcare-services/mental-health-addictions/family_youth_clinic/

Pregnancy

Partners in Pregnancy Clinic (PIPC)

Nutrition support for maternity and newborn care up to six weeks of age. Specialized Registered Dietitian available through your Family Health Team.

For more information, call 705-741-1191 or visit <https://www.partnersinpregnancy.ca/>

Renal

Peterborough Regional Renal Program

Full spectrum of care for those living with kidney disease in Peterborough and the surrounding area. For more information, call 705-743-2121, ext. 5078 or visit <https://www.prhc.on.ca/healthcare-services/renal-care/>

Recommended Web Sites

Canada's Food Guide ~ <https://food-guide.canada.ca/en/>

Interactive learning about Canada's Food Guide, including food habits, food choices, recipes, tips and resources to support health.

Canadian Cancer Society ~ <http://www.cancer.ca/en/?region=on>

Information and resources about cancer, current research, types of support and services offered, as well as prevention.

Canadian Celiac Association ~ <https://www.celiac.ca/>

Information and resources about celiac disease, current research, and recipes to support management of celiac disease.

Cookspiration ~ <https://www.cookspiration.com/>

Recipe ideas for any time of day, mood or schedule. Also includes a weekly menu planner that can be tailored to meet individual needs and goals.

Crohn's & Colitis Foundation of Canada ~ <https://crohnsandcolitis.ca/>

Information and resources about IBD, current research, treatments, and how diet/nutrition is affected.

Dietitians of Canada ~ <https://www.dietitians.ca/>

Find out what a Registered Dietitian is, how to become one, what they do, the difference between a dietitian and nutritionist and where to find one in your area.

Food in Peterborough ~ www.foodinpeterborough.ca

Discover local food action activities and resources. Explore the animated Peterborough food charter, and how you can be involved in creating a just, sustainable local food system.

Food Labels ~ <https://food-guide.canada.ca/en/healthy-eating-recommendations/using-food-labels/>

Learn about food labels: the benefits of using them, the recent changes, and how to use them.

Let's Talk Food Literacy - Virtual Cooking and Nutrition Series ~ <https://foodliteracyptbo.ca/>

Join chefs and dietitians to explore food literacy, build on the skills you already have, and connect with your community. Discover simple, credible nutrition tips to support you with making choices that work for you and your family. Find recipes, video demos, and links to further grow your confidence in the kitchen.

National Eating Disorder Information Centre ~ <https://nedic.ca/>

Information and resources on eating disorders as well as food and weight preoccupation.