



## PRIVATE PRACTICE

Dietitians working in private practice typically see people one-on-one about various nutrition concerns. The cost of these services usually starts at \$100 per hour. The cost is not covered by OHIP, and may or may not be included in extended health care benefits packages (e.g., Green Shield, Manulife, etc.)

**Shelley Amato, RD** 519-968-3687

## INTEGRATIVE NUTRITION

2296 Richmond Street, Windsor  
dietitian@shelleyRD.com  
www.shelleyRD.com

- Individual and group nutrition counselling on healthy eating including cooking classes, presentations and workshops, corporate/company services.

Expertise: Heart disease prevention and management, diabetes/ prediabetes/metabolic syndrome, weight management (weight loss/ weight gain), digestive issues (diarrhea/constipation/GERD/ diverticulosis), improvement of health indicators (blood pressure, cholesterol, blood glucose), whole food plant-based diet for disease prevention and regression, improvement of energy and overall health.

**Andrea Docherty, RD** 519-532-5481

568 Chatham Street E., Ste. 4, Windsor  
andreadocherty.rd@gmail.com  
www.andreadochertyrd.com

- Individual, couples, and family nutrition counselling, cooking classes, meal planning, sports nutrition and workplace wellness presentations.

Expertise: Weight management, sports nutrition, PCOS, vegan and vegetarian diets, diabetes and heart health, food allergies and intolerances, digestive concerns.

**Angela Dodge, RD** 226-448-8806  
and

**Noelle Martin, RD** 519-615-3438  
**NOURISHED BEGINNINGS**

389 Hyde Park Road, London  
info@nourishedbeginnings.ca  
nourishedbeginnings.ca

- Nutrition counselling for women and children in person (in London only), by phone or video conferencing.

Expertise: Nutrition counselling for women and children in areas including: iron deficiency, allergies, pregnancy, lactation, solid food introduction, picky eating, weight management, eating disorders, etc.  
Contact WECHU for referral form:  
519-258-2146 ext. 3100  
nutrition@wechu.org

**Lauren Fleming, RD** 519-903-3940

www.savouredRD.com  
Expertise: plant based (vegan/ vegetarian) diets for adults and families, food allergies, GI concerns (celiac, irritable bowel syndrome/ FODMAPS diet, inflammatory bowel disease), non alcoholic fatty liver disease, picky eating, intuitive/ mindful eating.

**Victoria D. Mikhail, RD** 226-363-0936  
v.mikhail@aol.com

- Individual and group nutrition counselling including cooking classes, presentations and workshops, corporate/company services.

Expertise: Weight management, cholesterol management, diabetes, diverticulosis, eating disorders, food allergies, irritable bowel syndrome, long-term care, paediatric/adolescent nutrition, prenatal nutrition, sports nutrition, and general healthy eating.  
*Will travel to county, but additional fee required.*

**Michelle Watkins, RD** 519-978-1368

Cell: 519-257-6096

Fax: 519-978-1368

watkinsnutrition@gmail.com

- Available for group presentations and individual nutrition consultation
- Expertise: bariatric surgery, weight management, diabetes management, wellness nutrition, pediatric care, and holds a certificate in paediatric & adolescent weight management & completed board certification for paediatric nutrition specialty.

## LOBLAWS IN-STORE DIETITIANS

Select stores in Windsor-Essex have an in-store Registered Dietitian service available to support the health and shopping needs of their customers. Services provided include grocery store tours on a variety of topics, cooking classes, and health education events. Some of the services offered are free of charge.

### Zehrs In-Store Dietitians

#### St. Clair Beach/Parkway Mall

Cindy Dodsworth, RD 519-551-4493

#### LaSalle/Kingsville

Chantal Hayes, RD 519-562-9183

### Real Canadian Superstore

#### In-Store Dietitians

#### Dougall/Walker

Erin Meloche, RD 226 787-5473

