

## General Nutrition Information

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### Health811

Free: Dial 811 and ask to speak to a Registered Dietitian OR visit <https://health811.ontario.ca/> for 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. For recipes, videos and healthy eating tools, visit <https://www.unlockfood.ca>

### 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. Find specialized programs 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 for residents living in Peterborough city/county; e.g. Mindful Eating, Diabetes Prevention, and Heart Health. Call 705-740-8020 or visit <https://www.peterboroughfht.com/>

#### **Pediatric Outpatient Clinic, Peterborough Regional Health Centre**

Free access to a Registered Dietitian for 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 patient needing these services.

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 can provide care and supportive services for individuals in the community. No Doctor referral needed. Call 705-743-2212 and ask for intake.

#### **Community Health Centres of Northumberland**

A Registered Dietitian provides one-on-one nutritional counselling, group presentations/workshops and cooking demonstrations on general healthy eating, weight management, cholesterol, blood pressure, digestive health, and eating behaviours. Call 905-885-2626 or visit <https://chcnorthumberland.ca/services/nutrition/>

### **Nutrition Outpatient Clinic, Campbellford Memorial Hospital (CMH)**

Free access to a Registered Dietitian for general nutrition guidance, including weight management strategies (such as mindful eating, portion control, and energy balance) and support for balanced eating habits. Medical nutrition therapy for various conditions, including diabetes, fatty liver disease, dyslipidemia, and hypertension is also available. Physician referrals and self-referrals accepted. Call 705-653-1140 ext. 2248.

### **Private Practice Dietitians**

- **Breanne Drury, RD** - Specializes in group counselling, seminars, workshops, cooking demos, industry consulting, and corporate wellness. *Contact:* Peterborough Nutrition - [dietitian@ptbonutrition.com](mailto:dietitian@ptbonutrition.com), call 705-313-6501 or visit <http://www.ptbonutrition.com>. Fee for service.
- **Cora Behan, RD** – Specializes in sports performance and relationship with food. *Contact:* Trent Health in Motion - [info@trenthealthinmotion.ca](mailto:info@trenthealthinmotion.ca), call 705-741-4758 or visit <https://www.trenthealthinmotion.ca/services/dietitian-services/>. 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/healthy at every size approach, diabetes, heart disease, and pre and post-partum nutrition. *Contact:* [mindful.nutrition.wellness@gmail.com](mailto:mindful.nutrition.wellness@gmail.com), call 705-761-8443 or visit <http://www.mindfulnutritionandwellness.com/>. Fee for service.
- **Kyla Blackie, RD** - Specializes in intuitive eating/mindful eating, with an anti-diet, weight-neutral approach to well-being. *Contact:* Body Love Dietitian - [kyla@bodylovedietitian.com](mailto:kyla@bodylovedietitian.com) or visit [www.bodylovedietitian.com](http://www.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:* [liseleahy@pat-clinic.com](mailto:liseleahy@pat-clinic.com) or visit <https://www.pat-clinic.com>. Fee for service.
- **Margaret Avery, RD, BSc, MSc CITI Researcher** - specialized in management of major organ complications (including renal, cardiac, gastrointestinal, endocrine) with a keen interest in genetic and clinical conditions. *Contact:* [mavery@pat-clinic.com](mailto:mavery@pat-clinic.com) or visit <https://www.pat-clinic.com>
- **Shavonne Wood, MHSc, RD, CDE** - Specializes in metabolic health, blood sugar control, and mindful eating. *Contact:* [shavonnewoodrd@gmail.com](mailto:shavonnewoodrd@gmail.com), or visit [www.wellbalancedrd.com](http://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 <https://www.prhc.on.ca/healthcare-services/cancer-care/psychosocial-oncology-team/>

#### **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](mailto: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*

### **Eating Disorder Clinic, Peterborough Regional Health Centre**

Provides services for all ages. Physician or nurse practitioner referral is required.

For more information, call 705-743-2121 ext. 5114 or visit <https://www.prhc.on.ca/healthcare-services/mental-health-addictions/eating-disorder-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. 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. Call 705-743-2121, ext. 5078 or visit <https://www.prhc.on.ca/healthcare-services/regional-renal-program/>

## **Recommended Web Sites**

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

Interactive learning about Canada's Food Guide, including 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. Tailor a weekly menu plan 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](http://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 help 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.