College of Dietitians of Prince Edward Island

Private Practice Dietitian Services on Prince Edward Island

Please note: CDPEI only provides contact information in alphabetical order for public access and does not endorse or recommend any specific Registered Dietitian (RD) or Nutritionist.

Intuitive You Nutrition Counselling Samantha Blizzard

Website: https://www.intuitive-younutrition.com/

Phone: (506) 333-5846 **Email:** intuitiveyou.nutrition@gmail.com

Location of services: Virtual

Areas of Practice: Disordered Eating, Intuitive Eating, Sustainable/Realistic Nutrition, Meal Planning, Relationship with Food for All Ages, Chronic Disease Management, Gut Health.

JM Nutrition – Tammy Lomond

Website: https://www.julienutrition.com/dietitian-nutritionist-prince-edward-island/

Phone: (416) 451-3573 **Email:** tammy@julienutrition.com

Location of services: Virtual

Areas of Practice: Dietary support for prevention and management of chronic diseases including heart health, diabetes and kidney disease. Dietary support for women's health, digestive health, inflammation, healthy aging and weight loss.

Leanne Yeo

Website: bit.ly/hernourishedlife

Phone: (902) 439-8705 **Email:** lyeord@gmail.com

Location of services: Virtual (Video/Phone)

Areas of Practice: Certified Diabetes Educator, Women's Health, Chronic Disease

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Prevention and Management.

Monika the Dietitian

Website: https://www.monikathedietitian.com/

Online Cholesterol Program: https://l.bttr.to/ADnEB

Phone: (782) 377-8559

Email: nutrition@monikathedietitian.com

Location of services: Virtual

Areas of Practice: Sustainable weight loss and/or Intuitive Eating; Food allergies & sensitivities; Digestive issues; Plant-based diets; Nutrigenomix genetic testing; Cholesterol, blood pressure, blood sugar, fatty liver; Inflammation; Meal Planning. Adults Only.

Maximum Performance & Nutrition and Performance Nutrition Academy Ltd. – Nancy Fong

Website: http://www.performancenutritionacademyltd.com

Instagram: Performancenutrition.academy

Facebook: Performance Nutrition Academy Ltd.

Phone: (902) 393-9284 **Email:** nmfong@eastlink.ca

Location of services: Maximum Performance Nutrition Academy services are provided in Prince Edward Island, covering all communities. Performance Nutrition Academy Ltd. is global as it is an online sport nutrition education platform.

Areas of Practice: A private practice and online education platform providing evidence-based information & support in sports nutrition for individuals of all ages—from teens to masters athletes. My work also includes guidance on weight maintenance, healthy lifestyle habits, and overall nutrition, with a focus on practical, personalized strategies to support performance and well-being.

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Nourished Kitchen – Tracy Michael

Website: www.nourishedkitchen.ca

Instagram: nourished.kitchen

Phone: (902) 940-2370 **Email:** tracymichaelRD@gmail.com

Location of services: virtual

Areas of Practice: Nourished Kitchen offers long and short-term contract services for community groups, organizations and businesses. Specializing in resource development, program planning and project management.

Sarah Hewko, Nutrition Consultant – Sarah Hewko

Phone: (902) 388-6677 **Email:** sarah.hewko@gmail.com

Website: https://sarahhewkonutrition.com/

Location of services: In-person Charlottetown, virtual

Areas of Practice: Disordered eating; eating disorders including anorexia nervosa, bulimia nervosa, binge eating disorder and avoidant restrictive food intake; low-FODMAP/irritable bowel syndrome. Weight neutral/non-diet approach, pediatrics (infant, children, adolescents)