

## 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](mailto: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](mailto: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](https://bit.ly/hernourishedlife)

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

**Location of services:** Virtual (Video/Phone)

**Areas of Practice:** Certified Diabetes Educator, Women's Health, Chronic Disease Prevention and Management.

**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.

**Nourished Kitchen – Tracy Michael**

**Website:** [www.nourishedkitchen.ca](http://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

**Location of services:** In-person Charlottetown, virtual

Updated November 13, 2025

Please report any inaccuracies to the [Deputy Registrar](#)



**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)