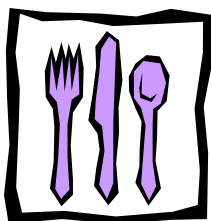




# Directory of Reliable Nutrition Professionals in Hamilton

2010



*The Hamilton Nutrition Committee*

Registered Dietitians and Professional Home Economists  
Promoting Healthy Eating in the Community



Hamilton

## Forward

The Hamilton Nutrition Committee (HNC) and City of Hamilton Public Health Services are pleased to provide you with the **2010 Directory of Reliable Nutrition Professionals in Hamilton**.

This directory is a composite of contact information for nutrition professionals in Hamilton as submitted to the Hamilton Nutrition Committee from January to March, 2010.

This reference is designed to help you locate appropriate and credible nutrition services for your clients and patients. This directory lists names and contact information for Registered Dietitians and Home Economists working for an agency or operating a private practice serving the Hamilton area.

This listing is not intended as a distribution list nor a list of endorsements for nutrition services offered by each of the professionals or the affiliate workplaces listed.

### Directory Available at:

[www.hamilton.ca/nutrition](http://www.hamilton.ca/nutrition)

[www.doitwell.ca](http://www.doitwell.ca)

### Acknowledgements

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The Halton Registered Dietitians Network for the original template of this publication.

Healthy Living Hamilton, for posting this directory on the "Do It Well" website: [www.doitwell.ca](http://www.doitwell.ca)

### Additional copies please contact:

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To ensure accuracy of the inventory, please email [Cindy.Purnomo@hamilton.ca](mailto:Cindy.Purnomo@hamilton.ca) or fax changes or additions to Cindy at 905-546-3658.

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## Who Are Registered Dietitians?

All Registered Dietitians listed in the **Directory of Reliable Nutrition Professionals in Hamilton** are registered with the College of Dietitians of Ontario. By law, only individuals who are registered with the College of Dietitians of Ontario can practice in the province using the titles 'Dietitian', 'Registered Dietitian', and the abbreviation 'RD'.

The *Regulated Health Professions Act* and the *Dietetics Act*, set out the responsibilities, powers and procedures related to the regulations of dietitians. Enforceable standards for the professional scope of practice, academic and training requirements, ethics, professional conduct, and continuing competence must be achieved in order to practice as a Dietitian in the province of Ontario.

The academic standards for dietitians include an accredited 4-year undergraduate degree or equivalent degree with appropriate courses in science and human nutrition, an accredited dietetic internship or equivalent supervised practical training; and, successful completion of the Canadian Dietetic Registration Examination.

Other people may provide nutrition advice. However, only Registered Dietitians are held accountable by the College of Dietitians of Ontario for their conduct, their care and nutrition advice they provide.

For more information regarding the Registered Dietitian visit the College of Dietitians of Ontario [www.cdo.on.ca](http://www.cdo.on.ca) or Dietitians of Canada [www.dietitians.ca](http://www.dietitians.ca).

## Who are Professional Home Economists?

Professional Home Economists have earned a degree in Home Economics or a related field of study, including Human Ecology, Family Studies, Foods and Nutrition, and Consumer Behaviour. Professional Home Economists apply their skills, knowledge and experience to deliver informed, creative solutions. Regardless of their specialization, Professional Home Economists are a trusted source of professional services.

Through professional registration, the general public and employers are protected by the high standards with which Professional Home Economists are legally regulated and bound to uphold. The designation "PHEc" follows the name of professionals who have been granted right to the title. More information about Professional Home Economists can be found on the Ontario Home Economics Association website: [www.ohea.ca](http://www.ohea.ca)

## To find a professional not listed in this Directory:

Refer to the **Dietitians of Canada** website: [www.dietitians.ca](http://www.dietitians.ca)  
Click on "Find a Dietitian" to locate an up-to-date Private Practice Registered Dietitian by area/location or clinical specialization.

Search the **Ontario Home Economics Association** website: [www.ohea.ca](http://www.ohea.ca)

Or visit **EatRight Ontario** by phone or website to speak to a Registered Dietitian.  
1-877-510-510-2 [www.eatrightontario.ca](http://www.eatrightontario.ca)

## Hamilton Registered Dietitians by Affiliation

For more details on the areas of specialty for each Registered Dietitian please contact the professional directly.

### Care Plus, Aetas Health Care

Care Plus is now a division of Aetas Health Care, providing one-on-one Registered Dietitian counselling to people of all ages in their home setting.

Aetas Health Care, a division of CBI Health, is a privately owned, Canadian company, with head offices in Calgary, Alberta. They have provided In-Home Health Care, Support Services, and Child and Family Services since 1971. In Ontario, they provide service to the Toronto, Hamilton, Niagara, St. Catharines, and Haldimand-Norfolk areas.

**1119 Fennell Ave. E Suite # 238  
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1-800-265-9961**

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## City of Hamilton Public Health Services

### Family Health Division

Public Health Nutritionists / Dietitians support health promotion and disease prevention through programs and services that promote healthy pregnancies and healthy growth and development in infants and young children.

#### Program Information:

- Reproductive health; breastfeeding; infant nutrition; child nutrition
- Canada Prenatal Nutrition Program
- Ontario Early Years Centres (drop in, workshops, screening clinics)
- Factsheets and resources

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**City of Hamilton  
Public Health Services**

**Healthy Living Division  
(Upper Ottawa Street Office)**

Public Health Nutritionists / Dietitians provide health promotion nutrition programs and services.

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Hamilton, ON L8P 4Y5  
Fax: 905-546-3658  
[www.hamilton.ca](http://www.hamilton.ca)**

Registered Dietitians support and promote healthy lifestyles and chronic disease prevention by encouraging healthy eating and healthy weights. Through participation in coalitions and partnerships, including those with community volunteers, school and school boards, the local media, grocery stores and community organizations, Registered Dietitians facilitate a number of health promotion strategies.

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## Hamilton Family Health Team Nutrition Program

Registered Dietitians see patients that physicians with the Hamilton Family Health Team have referred for any nutrition issue. The referral may be for individual, family or group treatment.

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L8P 1C8  
Telephone: 905-667-4848  
Fax: 905-667-4873  
<http://www.hamiltonfht.ca>**

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## Hamilton Health Sciences

Hamilton Health Sciences is a family of six unique hospitals and a cancer centre, serving residents of Hamilton and Central West Ontario. Registered Dietitians work in a variety of clinical specialty areas spanning the 7 sites.

[www.hamiltonhealthsciences.ca](http://www.hamiltonhealthsciences.ca)

### Chedoke Hospital (Ch)

Located on Sanitorium Road.  
Mailing Address: P. O. Box 2000,  
Hamilton, ON L8N 3Z5

### Hamilton General Hospital (G)

237 Barton St. E.  
Hamilton, ON L8L 2X2

### Henderson General Hospital (H)

711 Concession St.  
Hamilton, ON L8V 1C3

### Juravinski Cancer Centre

699 Concession St.  
Hamilton, ON L8V 5C2

### McMaster Children's Hospital

Located in the McMaster University  
Medical Centre  
1200 Main St. W.  
Hamilton, ON L8N 3Z5

### McMaster University Medical Centre (McM)

1200 Main St. W.  
Hamilton, ON L8N 3Z5

### St. Peter's Hospital

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Hamilton, ON L8M 1W9

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## Nutrition Resource Centre

The Nutrition Resource Centre develops and disseminates nutrition promotion resources and program materials for nutrition practitioners in communities across Ontario. NRC supports the effective implementation of the following provincial programs:

- Eat Smart!®
- Colour It Up
- Community Food Advisor
- NutriSTEP®

Office Location:

Ontario Public Health Association  
700 Lawrence Avenue West, Suite 310  
Toronto, ON M6A 3B4  
Tel: 416-367-3313/1-800-267-6817  
Fax: 416-367-2844

website:

[www.nutritionrc.ca](http://www.nutritionrc.ca)

listserv:

<http://www.nutritionrc.ca/listserv/index.html>

## Private Practice

Nutrition professionals in private practice offer a wide range of services and expertise in various areas of specialty. Contact the professional for more information.

### Shannon Crocker, M.Sc., RD

#### S. Crocker Consulting

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#### Full Spectrum Nutrition

Full Spectrum Nutrition is a registered dietitian consultation service for people of all ages needing nutrition assessment and follow-up. The dietitians providing this fee-for-service are trained in pediatric, adult nutrition and encourage connections with community and local health care agencies/businesses to help best serve the patient's nutrition needs.

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Provides recipe development, food demonstrations and media presentations including television, video and radio with a focus on healthy eating.

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## **St. Joseph's Healthcare Hamilton**

Registered Dietitians play a pivotal role in direct patient care, education and research within various clinical programs, ambulatory care and community settings. Specialty services include: Nutrition support, dialysis, surgery, medicine, pregnancy, diabetes, mental health and geriatrics.

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The interactive Ask a Dietitian feature enables you to ask nutrition-related questions and receive feedback from a Registered Dietitian. Nutrition tools and links offer many additional resources to support you in developing healthy eating habits for you and your family.