



Registered Dietitian now available at Meadowlands Family Health Centre

Specializing in

Babies and Children

- Weight concerns
- Picky eating
- Food allergies and intolerances
- Starting solids and transitioning textures
- Packing healthy school lunches
- Vegetarianism
- Positive feeding and eating techniques

Adults

- Pregnancy
- Weight loss after pregnancy
- Meal planning & family meals
- Heart healthy eating
- High blood pressure
- Diabetes
- Kidney disease
- Celiac disease
- Food allergies and intolerances

Fees: \$100 for initial visit (60-75 minutes)

\$60 for follow up visit (30-45 minutes)

(Recommended to book at least 1-2 follow up visits after the initial visit)

If you have access to a Registered Dietitian on your extended health insurance plan, receipts can be provided for reimbursement

Book an appointment now at 613 288-1459 or see

www.tummythyme.com for more information