



Dietitian Services in Brandon

Program/Service	Location	Services Offered	Cost	Doctor Referral Needed?
Prairie Health Matters Weight Management Classes 571-8357	Public Health Brandon RHA (in the Town Centre)	A series of 8 classes focusing on healthy eating, activity and emotions. Please call to register.	Free	No
Prairie Health Matters Group Sessions 571-8357	Public Health Brandon RHA (Town Centre)	Educational sessions on cholesterol, diabetes, label reading and blood pressure. Cooking classes are also available. Registration required.	Free	No
Prairie Health Matters Individual Sessions 571-8357	Public Health Brandon RHA (Town Centre)	Individual nutrition counselling is offered to people who have or are at risk of diabetes or heart disease. *Note: Risk factors include high blood pressure, high cholesterol, strong family history, prediabetes.	Free	No
Susin Cadman, RD Community Nutritionist 571 - 8399	Public Health Brandon RHA (Town Centre)	Provides group nutrition presentations to community groups, organizations, businesses and schools.	Free	No
Vanessa Hamilton, RD Healthy Living Facilitator 578 - 2195	Public Health Brandon RHA (Town Centre)	Offers mobile wellness screens in the community for the prevention of chronic diseases. Eating habits, physical activity, tobacco use, blood pressure and weight are addressed. Please call for more information.	Free	No
Brandon RHA Outpatient Counselling	Brandon Regional Health Centre	Individual nutrition counselling is offered on any topic/condition except diabetes and cardiovascular disease. Most common topics include GI diseases, celiac disease, child/youth, weight management and pregnancy.	Free	Yes
Amy Noto, RD Private Nutrition Consulting 725 - 4847	Esprit Wellness 456 McDiarmid Drive	Individual nutrition counselling is offered for a wide range of topics and overall general healthy eating.	\$80/hour Note: many health insurance companies will cover 80% of the the cost.	No if paying yourself Yes for most health insurance claims

Nutrition and Healthy Living Websites

SITE NAME AND ADDRESS	INFORMATION PROVIDED
Dietitians of Canada www.dietitians.ca	Information on healthy eating and topics such as food budgeting and meals on the go. Helps you check your food choices, activity level and body weight.
Dietitians of Canada Eatracker www.eatracker.ca	Tracks food and activity choices and compares them with guidelines.
Health Canada Nutrition www.hc-sc.gc.ca/fn-an/nutrition	Guidelines on <i>Eating Well with Canada's Food Guide</i> , prenatal nutrition, healthy weights, nutrition labelling and trans fat.
Nutrition Labelling Education Center www.healthyeatingisinstore.ca	Healthy grocery shopping and nutrition labelling.
Heart and Stroke Foundation of Canada www.heartandstroke.ca	Resources on oils, fats, cholesterol, salt and fibre. Offers healthy recipes.
Heart & Stroke Health Check™ Program www.healthcheck.org	A food information program that helps you eat better.
Canadian Diabetes Association www.diabetes.ca	Provides the most current up to date guidelines for nutrition management of diabetes. Useful resource for preventing diabetes as well.
Canadian Food Inspection Agency www.inspection.gc.ca	Informs consumers about food recalls, health hazard alerts and food safety.
Public Health Agency of Canada www.phac-aspc.gc.ca	Information on health across the lifespan with a focus on health promotion, chronic diseases, food safety.
Manitoba Healthy Living www.gov.mb.ca/healthyliving	Provincial focus on topics such as healthy eating, physical activity, healthy sexuality, mental health promotion, tobacco reduction and injury prevention.
Mayo Clinic www.mayoclinic.com	Detailed information on a variety of topic. Provides a calorie calculator to estimate your daily energy needs.
American Dietetic Association www.eatright.org	Fact sheets on a variety of nutrition topics.
Canadian Cancer Society www.cancer.ca	Offers tips on cancer prevention.
Healthy Brandon www.healthybrandon.ca	Community partners and residents in Brandon come together with a common goal: Increasing the health of Brandonites!