

Nutrition Counselling in Your Community

Organization name and contact information	What this organization offers
Ontario Health atHome Website: ontariohealthathome.ca Search 'nutrition'. Phone: 310-2222 (no area code required).	<ul style="list-style-type: none"> • Offers individual counseling with a registered dietitian. • You need a referral from your healthcare team. • OHIP covers this service if you are eligible.
Registered Dietitians in Private Practice Website: dietitians.ca/find . Search this website to find a registered dietitian in private practice closest to where you live.	<ul style="list-style-type: none"> • Offers individual counseling with a registered dietitian. • You need to pay a fee for this service. Your private insurance may cover it. • You do not need a referral from a doctor. Your private insurance may require you to have a referral for this.
Community Advantage Rehabilitation Website: car-rehab.com . Click 'services' and then click 'dietitians'. Phone: 905-666-2540	<ul style="list-style-type: none"> • Offers individual counseling with a registered dietitian. • You need to pay a fee for this service.
Lakeridge Health Ajax Pickering – Outpatient Registered Dietitian Counseling Phone: 905-683-2320 extension 15506	<ul style="list-style-type: none"> • Offers individual counseling with a registered dietitian. • You need a referral from a doctor. • OHIP covers this service.
Diabetes Education Programs Website: ontariohealthathome.ca . Search 'diabetes education'. Phone: 1-888-997-9996	<ul style="list-style-type: none"> • Have a member of your healthcare team complete the referral form found at: ontariohealthathome.ca/wp-content/uploads/2024/06/CE-Centralized-Diabetes-Intake-Referral-Form.pdf

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Carea Community Health Centre Phone: 905-723-0036 (Oshawa location) Phone: 905-420-0333 (Pickering location)	<ul style="list-style-type: none"> • Offers individual counselling with a registered dietitian for nutritional counselling. This includes nutritional counselling for high cholesterol, high blood pressure, celiac disease, irritable bowel syndrome, weight management etc. • You do not need a referral from a doctor unless you have diabetes. • OHIP covers this service.
Green Shield Dietitian Services Website: dietitianservices.ca	<ul style="list-style-type: none"> • Offers a virtual four-session program to eligible GreenShield plan members and their eligible dependents aged 16+ across Canada.
Ontario 811 Website: health811.ontario.ca . Search 'dietitian'. Phone: 1-866-797-0007	<ul style="list-style-type: none"> • Offers individual counselling with a registered dietitian. • You do not need to pay a fee for this service.
Well.ca Website: well.ca Search under nutrition and fitness.	<ul style="list-style-type: none"> • Offers individual counselling with a registered dietitian services by phone or video appointment. • You need to pay a fee for this service. The first 15 minutes is free.

This handout was created by the Patient Education Program at the Durham Regional Cancer Centre/Lakeridge Health. It was last reviewed in October of 2024.