



HOW WE CAN HELP

Picky Eating
Failure to Thrive
Allergies and Intolerances
Women's Health
Digestive Issues
Prediabetes and Diabetes
High Cholesterol and Blood Pressure
Fatty Liver
Optimizing Mental Health
Eating Disorders

INTUITIVE EATING PROGRAM

Do you want to learn a sustainable way to feed and move your body for the rest of your life? This program takes you through the 10 Principles of Intuitive Eating and leaves you feeling in control and energized!

01 INDIVIDUAL COUNSELLING
Initial Assessment.....\$105-150
Follow up.....\$90-105

02 COUPLES COUNSELLING
Initial Assessment.....\$185
Follow up.....\$125

03 FAMILY COUNSELLING
Initial Assessment.....\$200
Follow up.....\$150

04 INTUITIVE EATING PROGRAM
Initial Assessment &
5 Follow ups.....\$550

Prices are subject to change

ABOUT BRANT NUTRITION

Brant Nutrition was founded to improve the mental *and* physical health of the community through weight-inclusive nutrition care.

Brant Nutrition is supported by the medical community and works collaboratively with physicians, specialists, and allied health care providers to deliver coordinated treatment.

Using evidence-based practices, decades of work experience, and client-focused care, Brant Nutrition Registered Dietitians pride themselves on delivering nutrition care that is effective and practical for all of their patients.

ABOUT THE OWNER

KIM DOYLE

REGISTERED DIETITIAN



Trust worthy, nutrition expert, and has a unique skill for treating the whole person... not just the numbers.

MOTHER



Relatable, practical, and can help parents feed the most difficult eaters!

EATING DISORDER SURVIVOR



Non-judgemental, compassionate, and motivates individuals and families to overcome harmful eating habits and thoughts.



EVERY BODY

DESERVES TO FEEL BETTER

www.brantnutrition.com

BEST CHOICE FOR NUTRITION CARE



Nutrition services for all ages, races, genders, shapes, and sizes.

Personalized nutrition care plans that fit YOUR needs and no one else's.

Every**BODY** deserves to feel better!



THREE ACCESSIBLE SERVICE OPTIONS



VIRTUAL SESSIONS

Available for all residents of Ontario



IN-HOME SESSIONS

Available for residents of Brant



IN-OFFICE

Available for all residents of Ontario

EQUITY & INCLUSION

Brant Nutrition strives to make it's services more accessible for the community at large. Sliding scales are available, just ask!

Brant Nutrition provides a comfortable and accessible space for all abilities, shapes and sizes.

GET IN TOUCH

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