

NUTRITION SUPPORT@CCCP

A FAST GUIDE TO WHO DOES WHAT



Sarah Hunt Registered Dietitian

Education on the role of various nutrients/how digestion works, learn how much to eat, meal planning, health + digestive disorders and food intolerances

Both

Tuning into internal cues, improved relationship to food, non-diet nutrition, weight inclusive approach

Michelle Cordeiro
Intuitive
Eating Counsellor
Education/
implementation of
Intuitive Eating,
challenging food
rules, body image
work, reducing
guilt + shame
around eating



This is a small overview of Michelle and Sarah's skillset and areas of expertise. To Learn more take a look at their bios on our website, and connect with them for an intake call.

DIFFERENTIATION OF SERVICES @CCP

Sarah's Scope

FOOD AND/OR NUTRIENT DELIVERY

- Individualized approach for food/nutrient support
- Meal prep ideas and recipes made from foods client's enjoy
- Managing various micronutrient deficiencies by optimizing absorption and education on functional foods and/or supplements (i.e., vitamin B12, iron, vitamin D, calcium, etc.)
- Refeeding Assistance Management

NUTRITION EDUCATION

- On carbohydrates, protein, fats, and other micronutrients and how they contribute to digestion, energy, bodily functions and overall all quality of life
- How much food to eat
- Fact check and get evidenced-based answers to nutrition related questions
- Learn practical strategies to eat well while living with a anxiety or depression

NUTRITION COUNSELING

- Individuals living with eating disorders
- Individuals living with digestive disorders (i.e., Functional Constipation/Diarrhea, bloating, food sensitivities, Irritable Bowel Syndrome (IBS), Small-intestine Bacterial Overgrowth (SIBO), Irritable Bowel Disease (IBD), Gastroesophageal Reflux Disease (GERD), Ulcerative Colitis, Gastroparesis)
- Managing type 2 diabetes (not insulin dependent), high cholesterol, vegetarian/vegan eating
- Prenatal/postnatal nutrition

** inquire to see if client has dietitian coverage in benefits plan

Michelle's Scope:

- Learn what Intuitive Eating is and move through the process.
- When a client wants support leaving the dieting mindset, and letting go of disordered eating behaviours (maybe they have a hard time eating consistently, feel guilt for eating certain foods, "can't keep chips in the house", etc)
- When a client is feeling ready to move away from food rules + dieting behaviours (such as restriction or a restrictive mindset)
- Better understand binge eating behaviours and why it happens.
- Might not have been diagnosed with an eating disorder, but feel that something isn't 'right' with how they feel/think/act around food.
- Work through emotional eating (eating when bored, eating when sad, stressed, etc)
- Body image work.
- Challenge food rules (and uncover what food rules they have that might be habitual but are keeping them in the dieting mindset or binge / restrict cycle)

BOTH:

- Build a healthy relationship with food and body
- Become more in touch with hunger and fullness cues
- Gentle nutrition understanding and practices (things like increasing nutrient dense foods in a non restrictive way)
- Using an intuitive eating / non diet approach (if someone wants to approach eating in that way, both of us work from that lens)
- Folks who are trying to eat 'healthier' but find themselves bingeing in the evenings
- Thinking about finding more joyful / purposeful forms of movement