



Katie McCulloch BSc, RD

If you want a nutrition coach that will motivate and challenge you to reach your goals while still having fun, Katie McCulloch is your gal. She is known for her infectious enthusiasm, positive energy and sound professional advice.

Katie believes in enjoying nutritious food but still saving room for dessert or your favorite fun foods. She encourages clients to take charge of their overall health, while setting realistic and practical nutrition goals conducive to their lifestyle. Her friendly demeanor puts her counselling clients at ease with reliable, up to date, and easy to understand nutrition information.

Born and raised in Calgary, Alberta, Katie obtained a Bachelors of Science in Nutrition & Food Science from the University of Alberta and completed a dietetic internship program through the Calgary Health Region. She is a registered dietitian with the College of Dietitians of Alberta and a member of Dietitians of Canada.

Katie was selected as a leading expert and contributor for the Chatelaine Magazine Health Advisory Board. She is also a media representative for the Dietitians of Canada and regular contributor for the media such as the Calgary Herald and Calgary's FFWD Magazine.

Katie has worked in a variety of settings such as acute care, rehabilitation, transition hospitals, community programs and private practice. Her diverse work experience has provided her with expertise in weight loss, eating disorders, heart health, digestive issues, diabetes, food allergies/intolerances, and pre/postnatal nutrition.

In her spare time, Katie enjoys being with her friends and family (including her Labrador puppy!), hiking, running, reading, and painting.



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