



NUTRITION CONSULTING INC.

Sherene Sieben BSc, RD

Registered Dietitian

Specialty: Meal Planning, Disordered Eating & Pediatric/Family Nutrition

Experiencing a personal health challenge? Need motivation to get going on your nutrition goals? Want new meal planning ideas that incorporate sound nutrition but also save room for fun and guilt-free living? Sherene's warm Maritime charm and energetic disposition, partnered with her extensive nutrition expertise of over 15 years will inspire you and your family toward better health. With Sherene's expertise and coaching style, she will help you navigate a wide range of health challenges.

She specifically has expertise in emotional eating, disordered eating, anorexia, bulimia and binge eating disorder. She will put you at ease and collaborate with your psychologist and physician for your complete care. Sherene will help you learn to love food again, improve your relationship with food and achieve your best weight, which is defined as whatever weight you can achieve, while living the healthiest lifestyle possible and still having fun.



Sherene also has extensive background in paediatric nutrition, kids feeding issues and family meal planning. As a parent herself she knows feeding a family can be one of the most difficult tasks, however she can help make family meals enjoyable and see them end in success. Sherene believes that meals are more than just about eating. Mealtime is about teaching kids about nutrition, family connectedness and socializing, while enjoying everything from vegetables to dessert (yes, there is always room for dessert!).

Sherene is a member of the *Dietitians of Canada*, the *College of Dietitians of Alberta* and the *Canadian Obesity Network*. Born and raised in Halifax, Nova Scotia, she earned her first Bachelor of Science Degree in Biological Sciences from *Dalhousie University*. Sherene then moved out west, and enrolled at the *University of Alberta* where she earned a second degree in Foods and Nutrition, and then successfully completed her Dietetic Internship at the *Royal University Hospital* in Saskatoon. During her expansive career of more than 15 years, she has worked in a variety of hospitals and pediatric settings including Northern California, Chicago and Alberta. Sherene is also a certified [Craving Change™](#) expert specializing in strategies for problematic and emotional eating.

In her spare time, Sherene enjoys creating tasty appetizers and meals, drinking good wine and enjoying gatherings with family and friends. She loves ocean vacations, camping and most of all spending time with her

It's your **health.**



Take a stand.

NUTRITION COACHING | SEMINARS | CONSULTING

PHONE: (403) 262-3466 www.healthstandnutrition.com



NUTRITION CONSULTING INC.

husband and two children who inspire her daily. Sherene's words of wisdom: "Here's to living a healthy and delicious life, and finding inspiration every day!"

It's your **health.**



Take a stand.

NUTRITION COACHING | SEMINARS | CONSULTING

PHONE: (403) 262-3466 www.healthstandnutrition.com