



NUTRITION CONSULTING INC.

Richelle Tabelon BSc, RD

Registered Dietitian

Specialty: Disordered Eating, Emotional Eating & General Health

Richelle is contagiously positive, and passionate about nutrition and healthy living! She is known for her comprehensive approach that encompasses physical, mental and spiritual well-being. You can count on her for sound professional expertise and practical ideas to make good nutrition easier. You can also count on her to find a way to balance in your favourite fun foods (hers is traditional Ukrainian foods like perogies).

Richelle started her nutrition career more than fifteen years ago at the Vancouver Island Health Authority when she worked across weight management, pediatrics, heart health, geriatrics, digestive issues and more. There, she spent several years working at the Diabetes Education Centre providing individual counselling and group sessions in weight management and how to manage healthy blood sugars. While living in BC, she also worked as a health promotion Dietitian at the Victoria Native Friendship Centre. After a move to Edmonton, Richelle worked at the Royal Alexandra Hospital on medical and surgical wards as a clinical dietitian.



Finally settling in Calgary, she has been providing a wide variety of nutrition counselling services in preventative health, chronic disease, emotional eating and weight management education. Over her career she has developed skills and a special interest in working collaboratively with psychologists and physicians regarding disordered eating, anorexia, bulimia and binge eating disorder recovery. Richelle has a trusted ability to encourage her clients to eat more mindfully, intuitively and overall improve their relationship with food and their body.

Richelle completed her Bachelor of Science in Nutrition at the *University of Saskatchewan* and interned with the *Vancouver Island Health Authority* and *Regina Health District*. She is registered with the *College of Dietitians of Alberta*, *Dietitians of Canada* and the *Canadian Obesity Network*. Richelle is also a certified Craving Change™ expert specializing in strategies for problematic and emotional eating.

Outside of her nutrition career, Richelle has volunteered in West Africa and served in the Royal Canadian Naval Reserve for 10 years. As a busy mother of three young boys, Richelle is always active and enjoys the outdoors with her family. In her spare time she loves to run and has completed both half and full marathons.

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