

Kate Chury BSc, RD

Registered Dietitian & Online Nutritionist



NUTRITION CONSULTING INC.

Specialty: Digestive Health, Medical Issues, Disordered Eating, Family Meal Planning

Kate has a passion for food and educating others about how to make achieving good health and nutrition not only simple, but delicious. She prides herself in creating a supportive environment to craft personalized solutions as your co-pilot on your health and wellness journey. She is an innovative, supportive coach with a calm confidence to help you tackle complex medical issues and practical everyday meal planning.

Kate has over 10 years of specialized experience as a Registered Dietitian. She started her career in Victoria, B.C. working for the Vancouver Island Health Authority, where she worked in various areas including kidney disease, diabetes education, and general medicine. Kate later moved to Vancouver, B.C. where she worked for St. Paul's Hospital. There she gained more experience in renal nutrition – working with people diagnosed with chronic kidney disease, on dialysis and post-kidney transplant.

She also worked with St. Paul's Hospital Provincial Adult Tertiary Eating Disorder Program. It was here she gained a strong interest and passion for working with individuals that are struggling with eating disorders such as anorexia and bulimia. Kate wants to help everyone she meets develop a healthy relationship with food and their body while inspiring them in the kitchen. She believes that eating well doesn't need to be complicated or restrictive. She follows an 'all foods fit' philosophy because she knows healthy eating involves enjoying your food, too (one of her favourite foods is hot, buttery popcorn).

Kate also has a keen interest in functional gut disorders, such as IBS (Irritable Bowel Syndrome), and has been trained by the prestigious Monash University in the Low FODMAP Diet. Using her nutritional, culinary and technical knowledge she troubleshoots strategies to help those struggling with digestion issues.

Kate completed her Bachelor of Science in Nutrition at the University of British Columbia and interned in Victoria, B.C. with the Vancouver Island Health Authority. She is registered with the College of Dietitians of Alberta, and Dietitians of Canada, and she is a Certified Craving Change™ Facilitator.

Outside of her nutrition career, Kate keeps herself busy with her husband and two young kids. She loves exploring local parks, biking, and hiking. Kate loves to travel and explore new places. She spent three years living abroad in Asuncion, Paraguay where she immersed herself in a new culture, language and, of course, food.



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