

## Shauna Kime BSc, RD

*Registered Dietitian & Online Nutritionist*



NUTRITION CONSULTING INC.

### **Specialty: Weight Concerns, Women's Health, Type 1 & Type 2 Diabetes, PCOS & Meal Planning**

The first thing you will notice about Shauna is her contagious optimism, energetic personality and zest. Shauna loves teaching and has a heart full of compassion and empathy for helping clients work through health and weight concerns. You can't help to feel more confident and excited to take action to improve your health after spending time with her.

Shauna has a zeal for all things 'food' - from taste testing healthy, new products on the market, to experimenting with new recipes and feeding fellow foodies. She is always eager to help others understand the countless ways to add flavor and fun with cooking to improve health for all ages and dietary needs. Sharing her expertise in the kitchen has transformed into teaching cooking classes to kids and parents, helping them grow their love for food variety, kitchen skills and how to make healthy foods taste great. She believes all foods fit into healthy eating (including ice cream which she ranks as her top favorite even in the winter which is her favorite season).

Shauna has diverse experience travelling and working abroad as well as in Canada. She graduated from the University of Wollongong, Australia, with a Bachelor of Nutrition and Dietetics degree. She completed her accredited dietetic internship through Campbelltown Hospital, Liverpool Hospital, Sydney Children's Hospital, and Nutrition Australia. She then travelled throughout Europe where she further gained an appreciation for the important connection between traditions and cultural foods.

She has worked in a private clinic setting focusing on weight management, healthy eating behaviors and disordered eating. Shauna has also worked with Alberta Health Services, specializing in the area of disease management, cardiovascular disease, weight concerns and diabetes. She specializes in Type 1 Diabetes, Type 2 Diabetes, PCOS (polycystic ovary syndrome), weight concerns and has a special interest in women's health from adolescents to menopause and beyond.

She is a member of the College of Dietitians of Alberta, The Dietitians of Canada and is a Certified Craving Change™ Facilitator specializing in strategies for problematic and emotional eating..

In her free time you can find her with her husband and dog Koda, spending time outdoors whether it is exploring the mountains or training for a 10K, half-marathon or sprint triathlon. She is also an active member of her church community and empowers adolescent girls as a youth leader. As a cookbook addict you can also naturally find her trying new recipes and hosting friends and family around the dinner table.



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