

## Daniela O'Brien BSc, RD

*Registered Dietitian & Online Nutritionist*



**Specialty: Disordered eating, emotional eating, weight concerns, pre/post-natal, infant/kids/family nutrition**

Daniela is known for her contagious smile, warm approachability and collaborative approach to nutrition counselling for individuals and families. Her non-judgemental, calm demeanor mixed with confidence and clear direction is especially helpful when families are struggling with meal planning challenges, picky eating, health issues and complex eating disorders.

Daniela is fascinated by the natural complexities of family life among which food plays a central role. Feeding a family well is not just about serving health conscious meals, rather it is an art that requires good humour, plenty of joy and practical ideas that fit the flow of messy and sometimes crazy family time. Daniela is determined to help families thrive, take away the dread and power struggle of meals and enjoy delicious, simple creations and memorable table connections.

Daniela was born in Mexico City and raised in several Latin American countries. Her exposure to different foods and traditions captivated her interest in understanding how food shapes people and society. Her inquisitive approach to life and her delight in deepening her studies helped her land in Vancouver at the University of British Columbia (BC) with a full-ride scholarship where she completed a Bachelor's of Science in Food, Nutrition and Health. She completed her dietetic internship in the Fraser Health Authority in Greater Vancouver; of course, with more questions than answers!



Daniela set out to work in the field of eating disorders in BC at the Woodstone Residence in Galiano Island and at Looking Glass Residence in Vancouver where she was a highly respected member of the multidisciplinary care team. She developed, implemented and fine-tuned the nutrition program in her role as a Clinical Dietitian and Nutrition Team Lead for residential treatment of anorexia, bulimia and other specified feeding or eating disorders. This challenging yet fascinating role quickly developed her into a compassionate listener, a caring professional and a true advocate for viewing a person beyond the shallow parameters of mere physical health.

Eating disorders would remain a big part of her career through her part-time private practice since 2011. Daniela has also served as a Dietitian in the Perinatal Nutrition Clinic and Reproductive Mental Health in BC's Women's Hospital, where she helped women achieve healthy pregnancies and an understanding of post-partum and infant nutrition. She has also worked at the BC Children's Hospital for the Centre for Healthy Weights / Shapedown BC where she supported kids, teens and their families with weight concerns in collaboration with physicians, psychologists and exercise specialists. Her individual counselling and group programs always advocated for establishing a healthy relationship with food and positive body image.

Daniela is a current member of the College of Dietitians of BC, the College of Dietitians of Alberta and Dietitians of Canada. Daniela is currently working towards her certification as a Certified Craving Change™ Facilitator specializing in strategies for problematic and emotional eating. She offers services in both English and Spanish.

When not helping clients, Daniela is busy being a dedicated wife and a mother of four! She knows first-hand the challenges of eating well when expecting, feeding picky eaters and the daily-grind of figuring out what to make for dinner tonight!

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