

Welcome



Tracy Jane Nutrition
Registered Dietitian Services



Hello!

Hi, I'm Tracy Jane. I'm a Registered Dietitian and my practice focuses on helping people develop healthier relationships with food, and nutritionally managing chronic conditions.

If you feel stressed about eating right for your digestive health, endocrine disorder, weight-management or general well-being; nutrition counselling can make all the difference in providing clarity and direction for better health.

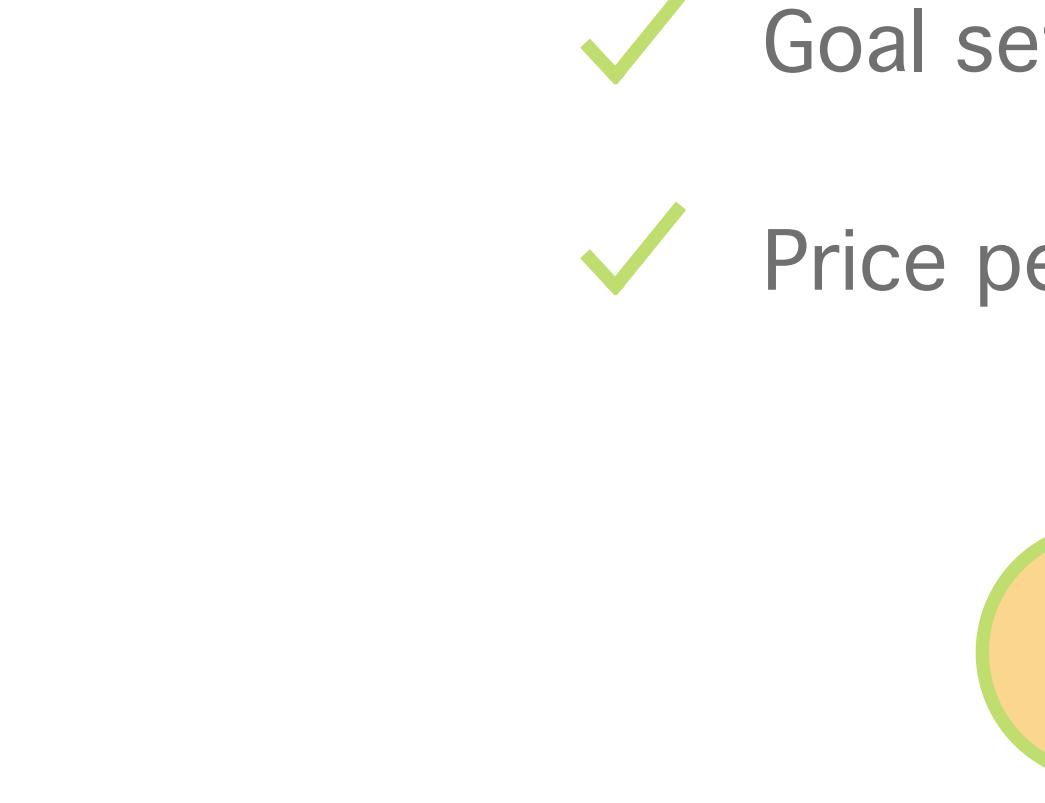
Services & Fees

I help my clients feel better and take control of their health through food and nutrition, via in-person or virtual counselling. By the end of our sessions, you will feel more confident in managing your symptoms, developing healthier eating habits and overall improving your wellbeing.

Digestive Health

Women's Health

Healthy Habits



Start planning your life around your values instead of your bathroom schedule or painful indigestion. Digestive conditions like Irritable Bowel Syndrome (IBS), Inflammatory Bowel Disease (Crohn's, Colitis), acid reflux, gas, abdominal pain, bloating, diarrhea, and constipation get in the way of fulfilling your potential and responsibilities. Nutrition management strategies could help relieve your symptoms so that you look forward to every meal instead of fearing the consequences.

Invest in Your Health

Nutrition counselling by a registered dietitian is covered by many private insurance plans. Click here to see if your plan allows for direct billing.

Pay per Session

Full Package

Mini Package

1st Session: Initial Assessment (60 minutes)

- ✓ Comprehensive review of medical history, lifestyle and food intake
- ✓ Careful evaluation of health and habits
- ✓ Goal setting, and creating a personalized action plan
- ✓ Price per 30-minute Follow-up: \$90.00

[View More](#)

Get in Touch!

Schedule a Free 15 min Consultation



[Book Online](#)

Call or Email for bookings & inquiries

Client Experiences

friendly, quick to reply and get an appointment with. Very realistic and no judgement way of approaching nutrition!

- Women's Health

Very friendly, quick to reply and get an appointment with. Very realistic and no judgement way of approaching nutrition!

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Latest From Blog

Skin Care Steps
PCOS-Related Acne

Skin Care for PCOS

SELF CARE RULES

Self-Care Rules

5 ways to reduce your food waste

5 Ways to Reduce your Food Waste

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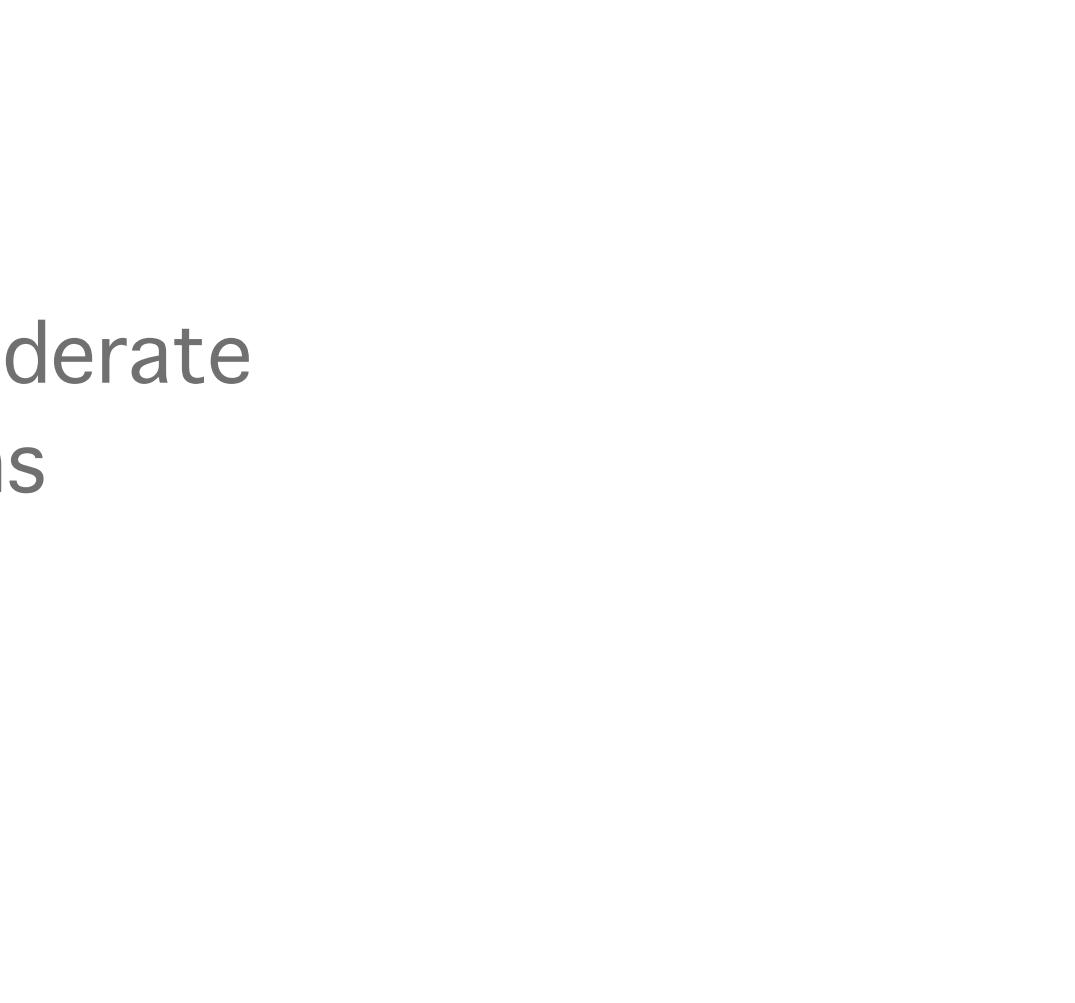
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Digestive Health

Women's Health

Healthy Habits

Want to improve your relationship with food? We will work together to help meet your health goals and create nourishing eating habits that make you feel better, mentally and physically.



Invest in Your Health

Nutrition counselling by a registered dietitian is covered by many private insurance plans. Click here to see if your plan allows for direct billing.

Pay per Session

Full Package

Mini Package

3 Sessions: 1 Initial Assessment + 2 Follow-ups

- ✓ Guidance for a nutrition management strategy
- ✓ Estimated time span: 2-3 months (flexible)
- ✓ Best suited for: individuals in general good health with mild-moderate symptoms or conditions, and no anticipated health complications

[View More](#)

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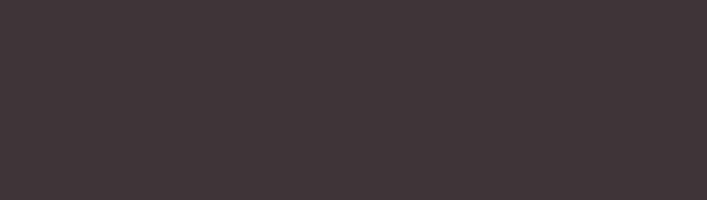
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5 ways to reduce your food waste



5 Ways to Reduce your Food Waste

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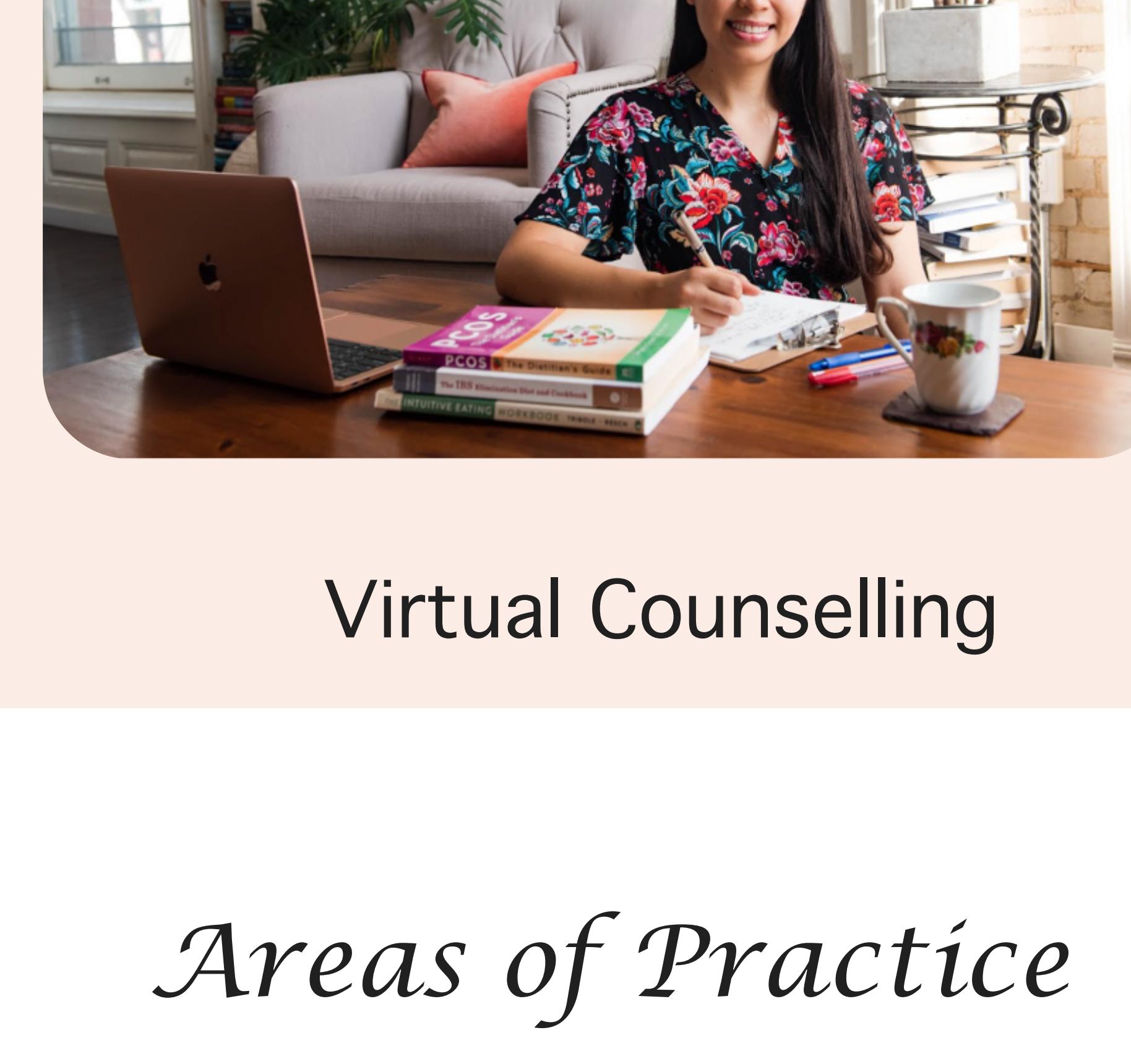
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Services & Fees



Virtual Counselling

Areas of Practice

Digestive Health

Low-FODMAP Diet,
Irritable Bowel Syndrome,
Crohn's,
Colitis,
Food intolerances,
Acid Reflux,
Diarrhea,
Constipation

Women's Health

Polycystic Ovary Syndrome PCOS,
Fertility,
Maternal nutrition
Postmenopausal Nutrition

Healthy Habits

Weight management
and nutrition therapy
for medical conditions:
focus on improving
eating habits for
mental and physical
health

Session Expectations

1 Hour Initial Assessment

Comprehensive review of your medical history, lifestyle and usual food intake. Evaluation of health and habits. Goal setting and creating an action plan, completed in session. Please note: All recommendations are provided in session, and a summary can be provided afterwards.

30 Minute Follow Up

Monitoring progress, facilitating diet modifications and continued food recommendations to support symptom or lifestyle management. Building on your action plan to help meet your overall goal.

Price Plans

Pay per Session

Full Package

Mini Package

\$145 for a 60-minute initial assessment

\$250 for 3 sessions:
(1 initial + 2 follow-ups).

\$485 for 7 sessions
(1 initial + 6 follow-ups).

\$90 per 30-minute follow-up

[Book Online](#)

Accepted Payments Methods:

- Credit card
- e-transfer
- Cash
- Cheque

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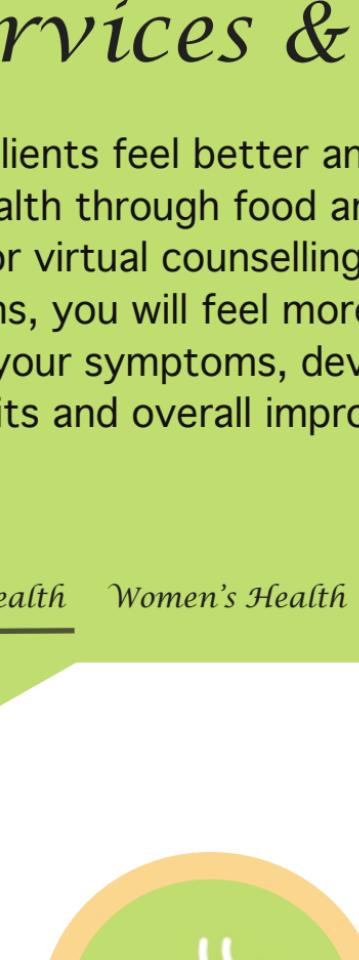
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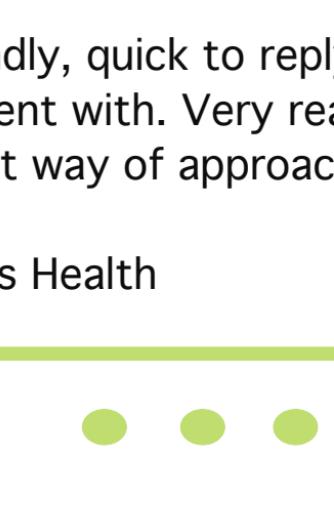
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Pay Per Session

Full Package

Mini Package

1st Session: Initial Assessment (60 minutes)

2nd Session: Follow-up (30 minutes)

3rd Session: Follow-up (30 minutes)

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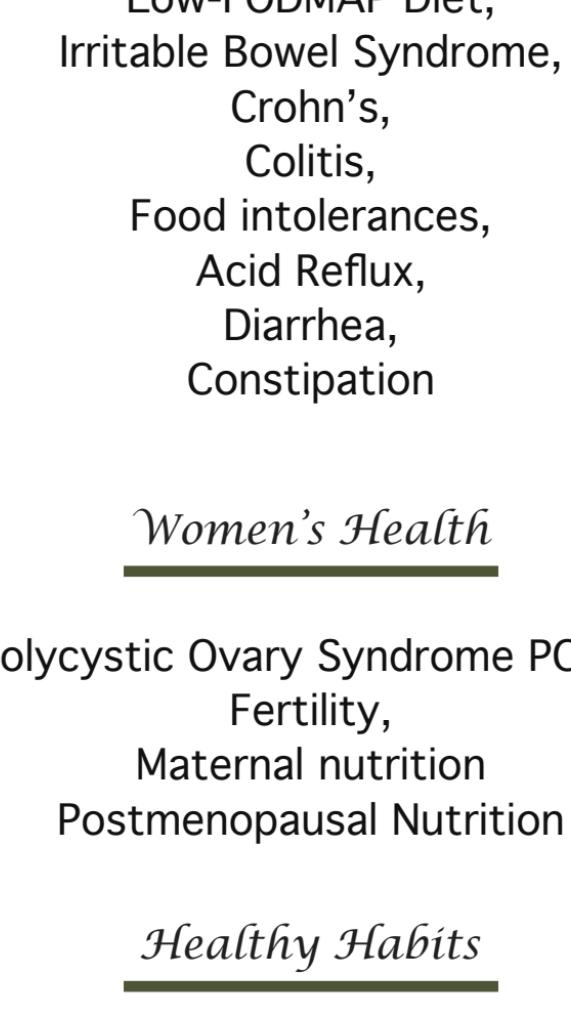
143rd Session: Follow-up (30 minutes)

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Services & Fees

Virtual Counselling



Areas of Practice

Digestive Health

Low-FODMAP Diet,
Irritable Bowel Syndrome,
Crohn's,
Colitis,
Food intolerances,
Acid Reflux,
Diarrhea,
Constipation

Women's Health

Polycystic Ovary Syndrome PCOS,
Fertility,
Maternal nutrition
Postmenopausal Nutrition

Healthy Habits

Weight management and nutrition therapy for medical conditions: focus on improving eating habits for mental and physical health

Services Expectations

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Book Online

Accepted Payments Methods:

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e-transfer

Cash

Cheque

Insurance Coverage

Many extended benefits through private health insurance plans cover nutrition counselling by a Registered Dietitian. Contact your HR department to learn what your plan includes.

Direct Billing

Direct billing is available for the following insurance plans: Canada Life, Great-West Life, Chambers of Commerce, CINUP, ClaimSecure, First Canadian, Industrial Alliance, Johnston group, Maximum Benefit

Insurance Plans

For all other insurance plans, payment is made out-of-pocket and individualized receipts for health insurance purposes will be provided after each appointment with the date and time of service provided

Without Coverage

For persons without coverage, fees may be charged on a sliding scale

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Tracy Jane

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