


















# Auckland Dietitians Private Practice & Primary Care Directory 2020

Business Name	Dietitian Name(s)	Location of Practice	Phone	E-mail, Website & Social Media	Specialist area of practice
<b>ABC Nutrition</b>	Angela Berrill & team of NZRDs	Greater Auckland area	09 550 6698	<a href="mailto:info@abcnutrition.co.nz">info@abcnutrition.co.nz</a>  <a href="http://www.abcnutrition.co.nz">www.abcnutrition.co.nz</a>  <a href="https://www.facebook.com/abcnutrition">abcnutrition</a>  <a href="https://www.instagram.com/factsnotfads">factsnotfads</a>	ACC & rehabilitation sector, locum dietitians, Community and workplace seminars & workshops
<b>A Fresh Look</b>	Elize van Drimmelen	Waitemata Specialist Centre Takapuna	09 441 2750 027 389 0439	<a href="mailto:elize@afreshlook.co.nz">elize@afreshlook.co.nz</a>  <a href="http://www.afreshlook.co.nz">www.afreshlook.co.nz</a>	Bariatric surgery, Irritable bowel (FODMAPs), IBD, Coeliac, Weight gain, General nutrition & Healthy Eating
<b>Alda Lee</b>	Alda Lee	Highland Park & Half Moon Bay	09 537 3208 09 534 5414 021 733 873	<a href="mailto:alda@totalwellness.nz">alda@totalwellness.nz</a>  <a href="http://www.totalwellness.nz">www.totalwellness.nz</a>	Diabetes, Allergies, Food Intolerances, Coeliac, Irritable Bowel, Low FODMAPs, Cholesterol, Child & Adult weight mgmt & Healthy eating
<b>Anna Keeley</b>	Anna Keeley	Auckland Area	022 061 3638	<a href="mailto:akeeleyenutrition@gmail.com">akeeleyenutrition@gmail.com</a>	Activeplus/ACC clients, Aged Care & Private Hospitals, Modified ketogenic diets for epilepsy
<b>Anna Richards Nutrition@151</b>	Anna Richards	Suite 2, 86 Gt Sth Rd & MacMurray Gastroenterology	021 375 518 09 366 3662	<a href="mailto:anna@annarichards.co.nz">anna@annarichards.co.nz</a>	Allergy & intolerance, Paediatrics, Family, Vegan/vegetarian, Gastroenterology; IBD, IBS, FODMAPs, Coeliac, PCOS, Endometriosis
<b>Anna Sloan Nutrition Connection</b>	Anna Sloan	Orewa, Millwater, Silverdale, Hibiscus Coast, Online	021 436 305	<a href="mailto:Silverdaletd@gmail.com">Silverdaletd@gmail.com</a>  <a href="http://www.nutritionconnection.co.nz">www.nutritionconnection.co.nz</a>	Gastro specialists, FODMAP accredited, Paediatric, Allergies & adult intolerances, All medical & life-stage nutrition, HAES approach
<b>Auckland Dietetic Consultants</b>	Lyn Lloyd	Mercy Specialist Ctr, Epsom	09 630 1838 021 049 6446	<a href="mailto:dietitians@xtra.co.nz">dietitians@xtra.co.nz</a>	Chronic kidney disease, Kidney stones
<b>Auckland Family Nutrition Ltd</b>	Sarah-Jane Simpson	Central Akld - virtual clinic/ telehealth and mobile clinic	021 369802	<a href="mailto:hello@aucklandfamilynutrition.co.nz">hello@aucklandfamilynutrition.co.nz</a>  <a href="http://aucklandfamilynutrition.co.nz">aucklandfamilynutrition.co.nz</a>  <a href="https://www.instagram.com/aucklandfamilynutrition">aucklandfamilynutrition</a>	First 1000 days nutrition: Fertility, Preconception, Pregnancy, Breastfeeding, Paediatrics, Women's health
<b>Auckland Gastroenterology Associates</b>	Kylie Russell	Mercy Specialist Ctr, 100 Mountain Rd, Epsom	09 630-1838 027 637 8536	<a href="mailto:kylieurussell.nz@gmail.com">kylieurussell.nz@gmail.com</a> ;  <a href="http://www.aucklandgastro.co.nz/specialist-profiles/kylie-russell/">www.aucklandgastro.co.nz/specialist-profiles/kylie-russell/</a>	Gastrointestinal disease & surgery, IBD, IBS, FODMAPs, Coeliac disease, Liver disease, Pancreatic disease incl. PEI
<b>Bitewize Nutrition</b>	Caroline Worth	Mobile Service	027 699 3263	<a href="mailto:caroline@bitewize.co.nz">caroline@bitewize.co.nz</a>  <a href="http://www.bitewize.co.nz">www.bitewize.co.nz</a>	Lifestyles, Pregnancy, Weight management, Cholesterol, Diabetes & Sports nutrition
<b>Blended Tube Feeding</b>	Marianne Goldsmith	Mobile Service	021 1078951	<a href="mailto:to-marianne@xtra.co.nz">to-marianne@xtra.co.nz</a>	Nutritionally balanced real food purees for tube-fed people, ACC services (via ABI Community Services)
<b>Chris Cook</b>	Chris Cook	Auckland area	09 360 0233 027 418 2388	<a href="mailto:chris_a_cook009@yahoo.com.au">chris_a_cook009@yahoo.com.au</a>	Nutrition services to Private Hospitals, Rest Homes & Disability services including brain injury.


# Auckland Dietitians Private Practice & Primary Care Directory 2020

Business Name	Dietitian Name(s)	Location of Practice	Phone	E-mail, Website & Social Media	Specialist area of practice
<b>Christine Everest</b>	Christine Everest	Grafton, Telehealth	021-135-3697	<a href="mailto:christine@christineeverest.co.nz">christine@christineeverest.co.nz</a>  <a href="https://christineeverest.co.nz">https://christineeverest.co.nz</a>  <a href="#">CEverestDietitian</a>	Women's health, Fertility, Gastrointestinal disease/ disorders, Oncology, Cardiovascular disease management
<b>Connect Nutrition</b>	Deirdre Neilsen	Telehealth Consultations	022 4087848	<a href="mailto:connectnutritionnz@gmail.com">connectnutritionnz@gmail.com</a>	Weight management (non-diet approach), Pre-diabetes, type 1 & 2 diabetes, Heart health, Bariatric surgery
<b>Consulting Dietitians Ltd</b>	Multiple NZRDs	Greater Auckland Area	09 446 6262	<a href="mailto:admin@dietitian.co.nz">admin@dietitian.co.nz</a>  <a href="http://www.dietitian.co.nz">www.dietitian.co.nz</a>	Private hospitals, Residential aged care, disability & education facilities, other organisations / companies
<b>Complete Health</b>	Vicki Martin MacKay	Titirangi	09 8172702	<a href="mailto:admin@completehealth.co.nz">admin@completehealth.co.nz</a>  <a href="http://www.completehealth.co.nz">www.completehealth.co.nz</a>	Mindful eating (weight); 40's+ health; gut & digestion; surgical/ illness recovery; vision problems; complementary medicine; integrative nutrition
<b>Comprehensive Care Waitemata PHO</b>	Florence Moret	42 Tawa Drive, Albany, Auckland	021 811 013	<a href="mailto:fmoret@comprehensivecare.co.nz">fmoret@comprehensivecare.co.nz</a>	Diabetes (pre-diabetes and Type 2), CVD risk
<b>Diet Right Ltd</b>	Varsha Asrani	Epsom Medical & Mt Roskill Medical	021 052 4353	<a href="mailto:varsha@dietright.co.nz">varsha@dietright.co.nz</a>	Healthy eating, weight/lifestyle management, chronic disease, gut problems, bowel disease, malnutrition
<b>Feed Nourish Feast</b>	Elise Penning	25a Evans Rd Glen Eden	021 184 1839	<a href="mailto:fastfeasts@hotmail.com">fastfeasts@hotmail.com</a>  <a href="http://www.feednourishfeast.com">www.feednourishfeast.com</a>  <a href="#">Feed.Nourish.Feasts.Nutrition.with.Elise</a>  <a href="#">feed.nourish.feast</a>	Disordered eating, sub clinical binge eating, non-diet focused nutrition, cancer, diabetes, PCOS, Fussy eating, Vegetarian/vegan, Coeliac
<b>Fertility Associates</b>	Alice Gormack	Remuera Greenlane	09 520 9520 021461828	<a href="mailto:agormack@fertilityassociates.co.nz">agormack@fertilityassociates.co.nz</a>  <a href="http://www.fertilityassociates.co.nz">www.fertilityassociates.co.nz</a>	Fertility nutrition, PCOS, endometriosis, pregnancy, IGT & diabetes, weight management, lifestyle, FODMAP
<b>Gutful</b>	Colleen Jackson	Devonport Peninsula (in-home consultations)	022 583 0038	<a href="mailto:colleen.jackson@gutful.co.nz">colleen.jackson@gutful.co.nz</a>  <a href="http://www.gutful.co.nz">www.gutful.co.nz</a>	Digestive health
<b>Hamish Johnstone Nutrition</b>	Hamish Johnstone	Henderson, Kingsland & New Lynn	021 818 721	<a href="mailto:nutritionhammer@gmail.com">nutritionhammer@gmail.com</a>  <a href="http://www.nutritionedge.co.nz">www.nutritionedge.co.nz</a>	Sports, Diabetes, Weight management, Maori nutrition, Body composition measures, Vegetarian/vegan, ACC
<b>Hilary Lum</b>	Hilary Lum	80 Main Highway, Ellerslie	021877828	<a href="mailto:hilarylumdietitian@gmail.com">hilarylumdietitian@gmail.com</a>	Paediatric and family nutrition, childhood obesity/weight management, food allergy/intolerance
<b>Howick House Nutrition</b>	Lyres Freeth	43 Moore Street Howick	09 537 4312	<a href="mailto:Lyres.howicknutrition@outlook.com">Lyres.howicknutrition@outlook.com</a>  <a href="http://www.howickphysio.co.nz">www.howickphysio.co.nz</a>	Diabetes management, Heart health, General healthy eating & weight loss, Maternal nutrition
<b>Kendall Parkinson</b>	Kendall Parkinson	Epsom, Greenlane	020 414 77516	<a href="mailto:kendall@discoverweightloss.co.nz">kendall@discoverweightloss.co.nz</a>  <a href="http://www.discoverweightloss.co.nz">www.discoverweightloss.co.nz</a>	Bariatric surgery
<b>MacMurray Gastroenterology</b>	Miriam Mullard	5 MacMurray Rd, Remuera	09 550 1080	<a href="mailto:miriamm@macmurray.co.nz">miriamm@macmurray.co.nz</a>  <a href="http://www.macmurray.co.nz">www.macmurray.co.nz</a>	Endoscopic weight loss, Bariatric surgery, Weight management, FODMAPs, Coeliac, Cardiovascular, Pre-diabetes, Vegetarian/vegan eating, Women's health

# Auckland Dietitians Private Practice & Primary Care Directory 2020

Business Name	Dietitian Name(s)	Location of Practice	Phone	E-mail, Website & Social Media	Specialist area of practice
<b>Mercy Ascot Hospital</b>	Katie Lambert Belinda Reeves Joanne Wong	Mercy Ascot Hospital, Akld Weight Loss Surg.	027 483 1950 027 223 973 027 8088 115	<a href="mailto:Katie.lambert@mercyascot.co.nz">Katie.lambert@mercyascot.co.nz</a> <a href="mailto:Belinda.reeves@mercyascot.co.nz">Belinda.reeves@mercyascot.co.nz</a> <a href="mailto:Joanne.Wong@mercyascot.co.nz">Joanne.Wong@mercyascot.co.nz</a>	Bariatric surgery, Oncology
<b>Mint Nutrition &amp; Shelly Beach Practice</b>	Estella Leek Kate Syers	22 Jervois Road Ponsonby	021 277 2234 021 550 042	Estella/Kate <a href="mailto:@mintnutrition.co.nz">@mintnutrition.co.nz</a> <a href="http://www.mintnutrition.co.nz">www.mintnutrition.co.nz</a> Estella/Kate <a href="mailto:@shellybeachpractice.co.nz">@shellybeachpractice.co.nz</a> <a href="http://www.shellybeachpractice.co.nz">www.shellybeachpractice.co.nz</a>	<b>MINT:</b> Weight management - Non diet approach, Intuitive Eating, Foodservice, Well Child & Community Nutrition <b>SHELLY BEACH:</b> Eating disorders and disordered eating specialists collaborating with psychologists
<b>Mobile Dietitian</b>	Nicole Taylor	NZ-wide (Zoom)	021 266 0493	<a href="mailto:nicole@mobiledietitian.co.nz">nicole@mobiledietitian.co.nz</a> <a href="http://www.mobiledietitian.co.nz">www.mobiledietitian.co.nz</a>  <a href="https://www.facebook.com/nutritionforconfidence">nutritionforconfidence</a>  <a href="https://www.instagram.com/themobiledietitian">themobiledietitian</a>	Weight management, Health risk reduction
<b>North Harbour Nutrition</b>	Nikki Hudson	PO Box 30 Silverdale	0274909191	<a href="mailto:nhnut@xtra.co.nz">nhnut@xtra.co.nz</a>	ACC: adults with serious injuries, special needs or injury claims incl. weight loss, enteral feeding, dysphagia, pressure areas, malnutrition & bowel care problems
<b>Nutrition and Dietetic Centre Grafton Specialists</b>	Reena Soniassy- Unkovich & Student Dietitians	97 Grafton Road, Auckland	09 919 2615	<a href="mailto:reception@graftonspecialists.co.nz">reception@graftonspecialists.co.nz</a> <a href="http://www.massey.ac.nz/nutritiondieteticcentre">www.massey.ac.nz/nutritiondieteticcentre</a> <a href="http://www.allergyspecialist.co.nz/">www.allergyspecialist.co.nz/</a>	Allergies, Intolerances, Coeliac disease, Bowel disorders, IBS & Gut sensitivities, FODMAPs, Women, Child & Family Nutrition, Weight management, Malnutrition
<b>Nutrition and Dietetic Centre Massey University</b>	Garalynne Stiles & Student Dietitians	Oteha Rohe Campus Massey University Albany	09 213 6653	<a href="mailto:Nutritiondieteticcentre@massey.ac.nz">Nutritiondieteticcentre@massey.ac.nz</a> <a href="http://www.massey.ac.nz/nutritiondieteticcentre">www.massey.ac.nz/nutritiondieteticcentre</a>	Weight management, Malnutrition, Pre & Type 2 Diabetes, Heart Health, Sports Nutrition, Child & Family Nutrition, Feeding Difficulties, Faltering Growth
<b>Nutrition and Dietetic Clinic Auckland University</b>	Julia Sekula & Student Dietitians	22-30 Park Avenue Grafton	09 923 9909	<a href="mailto:nutritionclinic@auckland.ac.nz">nutritionclinic@auckland.ac.nz</a>  <a href="http://www.clinics.ac.nz/en/about/our-services/nutrition-dietetic-clinic.html">www.clinics.ac.nz/en/about/our-services/nutrition-dietetic-clinic.html</a>	Healthy eating, Weight mgmt, Pre & Type 2 Diabetes, Heart Health, Vegetarian/vegan, Child & Family
<b>Nutrition Consultants</b>	MaryRose Spence	580 Remuera Rd Remuera	09 522 1776	<a href="mailto:maryrose@nutritionconsultants.co.nz">maryrose@nutritionconsultants.co.nz</a> <a href="http://www.nutritionconsultants.co.nz">www.nutritionconsultants.co.nz</a>	28 years' experience with Weight management, Type 2 diabetes, Cholesterol, Bowel issues, Vegetarians, Optimal nutrition
<b>Nutrition Specialists</b>	Kristin Ryan	Devonport	021 234 6021	<a href="mailto:Kristin@nutritionspecialists.co.nz">Kristin@nutritionspecialists.co.nz</a>	Sports nutrition, Anthropometry, Vegetarian/vegan eating
<b>Nutrition Toolbox Ltd</b>	Courtney Hibberd	Mobile service incl. Skype & phone		<a href="mailto:courtney@nutritiontoolbox.nz">courtney@nutritiontoolbox.nz</a> <a href="http://www.nutritiontoolbox.co.nz">www.nutritiontoolbox.co.nz</a>	Adult, family & children's nutrition, Allergies, Coeliac, FODMAPs, Gut health, Women's health, Faltering growth
<b>NZ Eating Disorders Clinic</b>	Garalynne Stiles	Freemans Bay	09 963 3360 022 032 3685	<a href="mailto:garalynnes@nzedc.co.nz">garalynnes@nzedc.co.nz</a> <a href="http://www.nzeatingdisordersclinic.co.nz">www.nzeatingdisordersclinic.co.nz</a>	Anorexia nervosa, Bulimia nervosa, Binge eating disorder, Weight management, Disordered eating

## Auckland Dietitians Private Practice & Primary Care Directory 2020

Business Name	Dietitian Name(s)	Location of Practice	Phone	E-mail, Website & Social Media	Specialist area of practice
<b>One Six One</b>	Adeline Wong	161 Gillies Ave Epsom	09 623 0161 021 150 1273	<a href="mailto:nutrition@onesixone.co.nz">nutrition@onesixone.co.nz</a>  <a href="http://www.onesixone.co.nz">www.onesixone.co.nz</a>	Oncology, kidney stones, women's health
<b>Sarah Pollock</b>	Sarah Pollock	South, Central Auckland, Pukekohe	022 130 4278	<a href="mailto:sarahdietitian@outlook.com">sarahdietitian@outlook.com</a>	Weight management, Nutrition support, Wound healing, Gastroenterology, Sports nutrition, ACC clients
<b>Smart Nutrition</b>	Rebecca Bruce	North Shore & Auckland-wide	021 0219 2227	<a href="mailto:rebecca@smartnutrition.nz">rebecca@smartnutrition.nz</a>  <a href="http://www.smartnutrition.nz">www.smartnutrition.nz</a>  <a href="https://www.facebook.com/nzsmartnutrition">nzsmartnutrition</a>  <a href="https://www.instagram.com/smartnutrition_nz">smartnutrition_nz</a>	Gastroenterology, Food Allergy & Intolerance, Paediatric & Family Nutrition, Weight Management & General Nutrition
<b>Tessa Bollard</b>	Tessa Bollard	Remuera, Albany, Home visits & Online	020 4100 5578	<a href="mailto:hello@tessabollard.co.nz">hello@tessabollard.co.nz</a>  <a href="http://tessabollard.co.nz">tessabollard.co.nz</a>  <a href="https://www.facebook.com/TessaBollardDietitian">Tessa Bollard Dietitian</a>  <a href="https://www.instagram.com/tessa_bollard_dietitian">tessa_bollard_dietitian</a>	Medical ketogenic diet therapy, Paediatric & family nutrition, SOS approach to feeding disorders in children, Paediatric diabetes/endocrinology, Sports nutrition
<b>Thought for Food</b>	Janene Cooper	Epsom	09 625 9070 021 163 9051	<a href="mailto:janagram@xtra.co.nz">janagram@xtra.co.nz</a>	Diabetes: Type 1, Insulin Pump Therapy; Type 2, Pre-Diabetes and co-morbidities

 Website

 facebook.com

 instagram.com