

Lauren Hofstee, RD

REGISTERED DIETITIAN · EATING DISORDER RECOVERY

lahhofstee@gmail.com · (226) 407-8455 · laurenhofstee.me · Guelph, Ontario · Virtual across Canada

Registered Dietitian specializing in eating disorder recovery, with over four years in the field. Non-diet and weight-inclusive, helping people heal their relationship with food and their body. Compassionate, judgment free, and trauma aware, offered virtually to clients across Canada.

Credential

Registered Dietitian (RD), College of Dietitians of Ontario

Experience

Registered Dietitian · The Kyla Fox Centre, Toronto Nov 2021 – Present

Eating disorder recovery. Individual nutrition counselling and meal support for clients in recovery, within a multidisciplinary care team. Non-diet, weight-inclusive, and collaborative.

Registered Dietitian, Private Practice · laurenhofstee.me Present

Non-diet, weight-inclusive virtual nutrition counselling across Canada for disordered eating, intuitive eating, and a healthier relationship with food and body.

Food Market Coordinator · Lakeside HOPE House, Guelph May – Oct 2020

Dietetic Intern, Clinical · Sienna Senior Living, Brampton Apr – Jul 2019

Clinical assessments and nutrition care for residents with diabetes, dysphagia, CKD, and skin integrity needs, in collaboration with nursing and PSW staff.

Dietetic Intern, Community · Guelph Community Health Centre Jan – Apr 2019

Individual counselling and facilitated nutrition and cooking workshops for clients of diverse backgrounds and conditions.

Dietetic Intern, Food Service Management · University of Guelph Sep – Nov 2018

Education

Master of Applied Nutrition, University of Guelph 2019

Bachelor of Applied Science, Applied Human Nutrition, University of Guelph 2016

Areas of Expertise

Eating disorder recovery · Disordered eating · Binge and emotional eating · Intuitive and mindful eating · Non-diet, weight-inclusive care · Body image · Relationship with food and body

Volunteer

Mealtime Supervisor, Eating Disorder Program · Homewood Health Centre 2016 – 2017

Languages

English · French (basic)

Certifications

Advanced Food Safety Training, TrainCan
