

Auckland Dietitians Private Practice & Primary Care Directory 2024

Business Name	Dietitian Name(s)	Location of Practice	Phone	E-mail, Website & Social Media	Specialist area of practice
ABC Nutrition	Angela Berrill & team of NZRDs	Greater Auckland area, Virtual/ Telehealth	09 550 6698	info@abcnutrition.co.nz  www.abcnutrition.co.nz  abcnutrition  factsnotfads	Weight Concerns, Disordered Eating, Heart Health, Diabetes, Renal Disease, Gut Health, FODMAPS, IBS, IBD, Allergies & Intolerances, Women's Health, Lifestyle Nutrition, Oncology, Adults and Children, Fussy Eating, Family Nutrition, ACC & rehabilitation, Locum dietitians, Community & workplace seminars & workshops
Alda Lee	Alda Lee	Highland Park & Half Moon Bay	09 537 3208 09 534 5414 021 733 873	alda@totalwellness.nz  www.totalwellness.nz	Diabetes, Allergies, Food Intolerances, Coeliac, Irritable Bowel, Low FODMAPs, Cholesterol, Child & Adult weight mgmt & Healthy eating
Anna Keeley	Anna Keeley	Auckland Area	022 061 3638	akeeleyenutrition@gmail.com	Aged Care & Private Hospitals, Brain injury rehab
Anna Richards Nutrition@151	Anna Richards	Suite 2, 86 Gt Sth Rd & MacMurray Gastroenterology	021 375 518 09 366 3662	anna@annarichards.co.nz	Allergy & intolerance, Paediatrics, Family, Vegan/vegetarian, Gastroenterology; IBD, IBS, FODMAPs, Coeliac, PCOS, Endometriosis
Anna Sloan Nutrition Connection	Anna Sloan	Orewa, Millwater, Silverdale, Hibiscus Coast, Online	021 436 305	Silverdale@gmail.com  www.nutritionconnection.nz	Gastro specialists, FODMAP accredited, Paediatric, Allergies & adult intolerances, All medical & life-stage nutrition, HAES approach
Auckland Dietetic Consultants	Lyn Lloyd	Mercy Specialist Ctr, Epsom	09 630 1838 021 049 6446	dietitians@xtra.co.nz	Chronic kidney disease, Kidney stones
Auckland Family Nutrition Ltd	Sarah-Jane Simpson	Auckland and New Zealand-wide via Telehealth (virtual)	021 369802	hello@aucklandfamilynutrition.co.nz  aucklandfamilynutrition.co.nz  aucklandfamilynutrition	Pregnancy, Pre-conception, Fertility, Post-natal nutrition, Breastfeeding and Women's health
Auckland Gastroenterology Associates	Kylie Russell	Mercy Specialist Ctr, 100 Mountain Rd, Epsom	09 630-1838 027 637 8536	kylieurussell.nz@gmail.com ;  www.kylieurusselldietitian.co.nz  www.aucklandgastro.co.nz/specialist-profiles/kylie-russell/	Gastrointestinal disease & surgery, IBD, IBS, FODMAPs, Coeliac disease, Liver disease, Pancreatic disease incl. PEI, Bariatric surgery
Bloom Dietetics	Sarah McKenzie	Mt Eden Clinic, Telehealth, Home Visits	021 181 6901	sarah@bloomdietetics.co.nz www.bloomdietetics.co.nz	Paediatrics – including but not limited to: Allergy & intolerance, Faltering Growth, Coeliac Disease, IBS and FODMAPs (Monash Accredited), Weight Management, Selective eating and picky eating, Nutrient deficiency e.g. iron or B12, Vegan and vegetarian
Christine Everest	Christine Everest	Grafton, Telehealth	021-135-3697	christine@christineeverest.co.nz  https://christineeverest.co.nz	Women's health, Fertility/Pregnancy, Endometriosis, PCOS, Gastrointestinal disease/disorders, Cardiovascular disease management
Connect Nutrition	Deirdre Neilsen	Telehealth Consultations	022 4087848	connectnutritionnz@gmail.com	Disordered eating, Eating Disorders, Weight mgmt (non-diet approach), Pre-diabetes, type 1 & 2 diabetes, Heart health, Bariatric surgery

Auckland Dietitians Private Practice & Primary Care Directory 2024

Business Name	Dietitian Name(s)	Location of Practice	Phone	E-mail, Website & Social Media	Specialist area of practice
Consulting Dietitians Ltd	Multiple NZRDs	Greater Auckland Area	09 446 6262	admin@dietitian.co.nz  www.dietitian.co.nz	Private hospitals, Residential aged care, disability & education facilities, other organisations / companies
Complete Health	Vicki Martin MacKay	Titirangi	09 8172702	admin@completehealth.co.nz  http://www.completehealth.co.nz	Mindful eating (weight); 40's+ health; gut & digestion; surgical/ illness recovery; vision problems; complementary medicine; integrative nutrition
Comprehensive Care Waitemata PHO	Emma Miller	42 Tawa Drive, Albany, Auckland	027 438 3609	emiller@comprehensivecare.co.nz	Long term conditions – Diabetes, CVD
Diet Right Ltd	Varsha Asrani	Epsom Medical & Mt Roskill Medical	021 052 4353	varsha@dietright.co.nz	Healthy eating, weight/lifestyle management, chronic disease, gut problems, bowel disease, malnutrition
Elders At My Table	Jo Pannabecker	Auckland & On-line (NZ-wide)	020 4110 4880	jo@eldersatmytable.co.nz  www.eldersatmytable.co.nz	Nutrition coaching and support for carers of elders at home
Ellstree Ave Family Doctors (Enrolled patients only)	Stephanie Shen Toni Mitchell	Glen Innes	S:022 624 5774	Stephanie.shens@gmail.com dietitiantoni@gmail.com	Healthy eating, Weight management, Pre & Type 2 Diabetes, Heart Health, Vegetarian/vegan
Feed Nourish Feast	Elise Penning	25a Evans Rd Glen Eden	021 184 1839	fastfeasts@hotmail.com  www.feednourishfeast.com  Feed.Nourish.Feasts.Nutrition.with.Elise  feed.nourish.feast	Disordered eating, sub clinical binge eating, non-diet focused nutrition, cancer, diabetes, PCOS, Fussy eating, Vegetarian/vegan, Coeliac
Fertility Associates & Conceive Nutrition	Alice Gormack	Fertility Associates Remuera, Albany & Online	09 520 9520 021 461 828	agormack@fertilityassociates.co.nz  www.fertilityassociates.co.nz  www.conceivenutrition.co.nz	Fertility nutrition, PCOS, Endometriosis, Pregnancy, IGT & diabetes, Weight management, Post-partum, FODMAPs
Get Set Nutrition Limited	Melanie Park	Whenuapai, Auckland and Skype/Phone	021 231 0168	melzlouise@hotmail.com  GetSetNutrition  @MelaniePark	Aged care, diabetes, cholesterol, weight/lifestyle, heart health, vegetarian/vegan, weight gain, pregnancy, sports, CKD, bariatric surgery, gut issues. Optifast Accredited. Advanced Diabetes Management Accredited
Gutful	Colleen Jackson	Devonport Peninsula (in-home consultations)	022 583 0038	colleen.jackson@gutful.co.nz  www.gutful.co.nz	Digestive health
Harbour Cancer & Wellness	Gemma Dunkley	Harbour Cancer & Wellness 212 Wairau Rd, Wairau Valley	09 925 4451 0210 221 2673	gemma.dunkley@harbourcancer.co.nz	Cancer care
Hamish Johnstone Nutrition	Hamish Johnstone	Henderson, Kingsland & New Lynn	021 818 721	nutritionhammer@gmail.com  www.nutritionedge.co.nz  @HamishJohnstoneNutrition	Sports, Diabetes, Weight management, Maori nutrition, Body composition measures, Vegetarian/vegan, ACC

Auckland Dietitians Private Practice & Primary Care Directory 2024

Business Name	Dietitian Name(s)	Location of Practice	Phone	E-mail, Website & Social Media	Specialist area of practice
				📷 Hamishjohnstonenutrition	
Kate Ellison	Kate Ellison	One Tree Hill, Akld & Telehealth (NZ-wide)	021 678 246	kateellison@me.com 🌐 www.kateellisonnutrition.co.nz	Diabetes: types 1, 2 & secondary, MDI, Insulin pumps, DAFNE, Pre-diabetes, Metabolic syndrome, Dyslipidemia, Weight mgmt. (incl. medical), Cambridge/Optifast progs, Oncology, IBS, Functional gut disorders
Liv-On Lifestyle	Livi Kitson-Clark	North Shore, Auckland	021 024 21958	support@livonlifestyle.com 🌐 https://www.livonlifestyle.com 📷 @healthy_chik & @livon_lifestyle	Sports Nutrition, IBS & Gut Health, Healthy Eating, Weight/Lifestyle Management
MacMurray Gastroenterology	Miriam Mullard	3 MacMurray Rd, Remuera	09 550 1080	miriamm@macmurray.co.nz 🌐 www.macmurray.co.nz	Endoscopic weight loss, Weight management, FODMAP diet for functional gut disorders, Coeliac, Cardiovascular, Pre-diabetes, Vegetarian/vegan eating, Women's health
Marianne Goldsmith	Marianne Goldsmith	Mobile Service	021 1078951	Marianne.Goldsmith@abi-rehab.co.nz	ACC serious injury paediatric services (via ABI Community Services), Homemade blended tube feeding
Mavor Nutrition	Sarah Mavor	Ormiston Hospital Telehealth	021 256 9553	sarah@mavornutrition.co.nz	Bariatric surgery, gastric balloons, weight management, diabetes, general healthy eating
Mercy Ascot Hospital	Katie Lambert Belinda Reeves Joanne Wong Liz Goodall Olivia Edwards	Mercy Ascot Hospital, Akld Weight Loss Surg.	027 483 1950 027 223 973 027 8088 115	Katie.lambert@mercyascot.co.nz Belinda.reeves@mercyascot.co.nz Joanne.Wong@mercyascot.co.nz Liz.Goodall@mercyascot.co.nz Olivia.Edwards@mercyascot.co.nz	Bariatric surgery, Oncology
Mint Nutrition & Shelly Beach Practice	Estella Leek Kate Syers	22 Jervois Road Ponsonby	021 277 2234 021 550 042	Estella/Kate @mintnutrition.co.nz 🌐 www.mintnutrition.co.nz Estella/Kate @shellybeachpractice.co.nz 🌐 www.shellybeachpractice.co.nz	MINT: Weight mgmt - Non diet approach, Intuitive Eating, Foodservice, Well Child & Community Nutrition SHELLY BEACH: Eating disorders and disordered eating specialists collaborating with psychologists
Nickie Hursthouse Nutrition	Nickie Hursthouse	North Shore Telehealth Nationwide	022 126 2924	hello@nickiehursthouse.com 🌐 nickiehursthouse.com f 📷 @nickiehursthouse	Intuitive eating, non-diet approach, digestive health including IBS management and functional gut disorders
North Harbour Nutrition	Nikki Hudson	PO Box 30 Silverdale	0274909191	nhnut@xtra.co.nz	ACC: (SDA35 referrals) adults with serious injuries, special needs or injury claims incl. weight loss, enteral feeding, dysphagia, pressure areas, malnutrition & bowel care problems
Nutrition and Dietetic Centre Grafton Specialists	Reena Soniassy-Unkovich & Student Dietitians	97 Grafton Road, Auckland	09 919 2615	reception@graftonspecialists.co.nz 🌐 www.massey.ac.nz/nutritiondieteticcentre 🌐 www.allergyspecialist.co.nz/	Allergies, Intolerances, Coeliac disease, Bowel disorders, IBS & Gut sensitivities, FODMAPs, Women, Child & Family Nutrition, Weight mgmt, Malnutrition

Auckland Dietitians Private Practice & Primary Care Directory 2024

Business Name	Dietitian Name(s)	Location of Practice	Phone	E-mail, Website & Social Media	Specialist area of practice
Nutrition and Dietetic Centre Massey University	Garalynne Stiles & Student Dietitians	Oteha Rohe Campus Massey University Albany	09 213 6653	Nutritiondieteticcentre@massey.ac.nz 🌐 www.massey.ac.nz/nutritiondieteticcentre	Weight mgmt, Malnutrition, Pre & Type 2 Diabetes, Heart Health, Sports Nutrition, Child & Family Nutrition, Feeding Difficulties, Faltering Growth
Nutrition and Dietetic Clinic Auckland University	NZ Registered Dietitians & Student Dietitians	22-30 Park Ave Grafton & Telehealth	09 923 9909	clinic@auckland.ac.nz 🌐 www.auckland.ac.nz/en/on-campus/facilities-and-services/university-of-auckland-clinics/nutrition-and-dietetic-clinic.html	Weight mgmt, Cholesterol, Heart disease, Diabetes (type 2), Coeliac disease, Cancer (post- treatment), IBS (stage 1 only), Kidney disease (early stage), Pregnancy, Breastfeeding, Poor appetite
Nutrition Consultants	MaryRose Spence	580 Remuera Rd Remuera	09 522 1776	maryrose@nutritionconsultants.co.nz 🌐 www.nutritionconsultants.co.nz	Weight management, Type 2 diabetes, Cholesterol, Bowel issues, Vegetarians, Optimal nutrition
Nutrition Toolbox Ltd	Courtney Hibberd	Mobile service incl. Skype & phone		lee.courtney@gmail.com www.nutritiontoolbox.co.nz	Adult, family & children, Allergies, Coeliac, FODMAPs, Gut health, Women's health, Faltering growth
NZ Eating Disorders Clinic	Garalynne Stiles Rachael Wilson	Freemans Bay	09 963 3360 022 032 3685	garalynnes@nzedc.co.nz 🌐 www.nzeatingdisordersclinic.co.nz	Anorexia nervosa, Bulimia nervosa, Binge eating disorder, Weight management, Disordered eating
One Six One	Adeline Wong	161 Gillies Ave Epsom	09 623 0161 021 150 1273	nutrition@onesixone.co.nz 🌐 🌐 www.onesixone.co.nz	Oncology, Kidney stones
Sarah Pollock	Sarah Pollock	Ormiston Specialist Centre; Telehealth	022 130 4278	sarahdietitian@outlook.com	Bariatric surgery, Weight management, Nutrition support, Gastroenterology, ACC clients
Smart Nutrition	Rebecca Bruce	North Shore & Auckland-wide	021 02192227	rebecca@smartnutrition.nz 🌐 www.smartnutrition.nz f nzsmartnutrition 📷 smartnutrition_nz	Gastroenterology, Food Allergy & Intolerance, Paediatric & Family Nutrition, Weight Management & General Nutrition
The Doctors New Lynn	Maggie Gee Chua	19 Delta Avenue, New Lynn, Auckland 0600	09-827 7810	meigee0423@gmail.com	Working as a health coach in Primary Care
The Friendly Food Co.	Bianca Berton-Scarlet	Auckland and New Zealand-wide via Telehealth (virtual)		bianca@thefriendlyfoodco.nz 🌐 https://www.thefriendlyfoodco.nz/ f TheFriendlyFoodCo 📷 thefriendlyfood_co	IBS and FODMAPs (Monash Accredited), Bariatrics, endometriosis

