



Jennifer Lamont
RD

Registered Dietitian

Jennifer is a passionate Registered Dietitian who believes that food connects us to our bodies, as well as to others. She has experience working in both in-patient hospital setting and out-patient primary care with patients with cardiovascular disease, fatty liver disease and cirrhosis, diabetes, eating disorders, weight management, gastrointestinal disorders, complex foods allergies, failure to thrive, selective eating, palliative care, oncology, kidney failure and complex obstetrics. Jennifer focuses on nutrition to support health and wellness and takes a *Health At Every Size* approach towards weight management.

Jennifer focuses on taking a family/community approach when making healthy lifestyle changes. The foundation of her practice is built on providing evidence-based care that is collaborative and patient-centered. She believes in empowering patients to develop skills and knowledge to be able to self-manage their co-morbidities. In addition, she takes a health equity lens and is a strong advocate for those negatively affected by the social determinants of health.

Jennifer has experience in program development, facilitation and evaluation. She co-developed a food literacy and eating competence program that takes an experiential learning approach for paediatric patients and their families. Jennifer has taught hands-on food literacy classes to children as young as three years old, to teenagers and their families. She has also had the privilege of providing a poster presentation at a provincial conference on the food literacy and eating competence program she co-developed. Jennifer was awarded the “Allied Professional Practice Award” at Trillium Health Partners for providing exceptional patient-centered care.

