



Mosadi DuQuesne

MEd, RD, CDE

Registered Dietitian

Mosadi is an experienced dietitian who believes in walking the talk when it comes to lifestyle habits and healthy eating. As she advanced her career, Mosadi developed extensive practice experience as a healthcare provider, educator, and facilitator in the areas of behaviour change, emotional eating, nutrition counseling, and nutrition education on a variety of food and nutrition-related topics in private practice and community-based settings.

Mosadi has held positions in diabetes education programs in the community, at the Health for All Family Health Team in comprehensive primary care, and ran her private practice in wellness clinics, as well as medical clinics. Mosadi is also a professional nutrition blogger and executive editor with a focus on plant-based diets. She has a passion for chronic disease education and management and is even working on a book on the topic!

Mosadi has an Honors Bachelor of Arts in Kinesiology and an Honors Bachelor of Applied Science in Food and Nutrition from Western University. She went on to complete a Comprehensive Graduate Dietetic Internship Program from London Health Sciences Centre in London, ON. After gaining extensive practice experience Mosadi obtained her Master of Education in Adult Education with a focus on chronic disease education and support, in the community. She used this advanced degree to build her private practice as well as applied it to a variety of programs and services related to nutrition and health promotion. She holds certifications as a Certified Diabetes Educator and Certified Craving Change™ Instructor.

Mosadi has a general practice as well as special interests in chronic disease, plant-based diets, gastrointestinal disorders, and family health. She can also assist with nutrition care for heart disease, weight loss, weight gain, high blood pressure, dyslipidemia (cholesterol), metabolic syndrome, emotional eating, food allergies and intolerances, sports nutrition, nutrition for an active lifestyle, group education/workshops/and seminars, pregnancy (pre and post), pediatrics, management of nutrition-related health problems, and nutrition for overall health.

