



Shiva Amani

RD, CDE

Registered Dietitian

Shiva is a Registered Dietitian with 15 years of experience providing nutrition education and counselling to individuals and groups of clients in multi-disciplinary teams. She completed a bachelor's degree in Nutrition and a Master of Business Administration (MBA) and is a good standing member of College of Dietitians of Ontario.

Shiva is a Certified Diabetes Educator and mindful eating educator supporting patients with managing various conditions including, but not limited to, diabetes, obesity, cardiovascular disease, gastrointestinal disease and kidney disease. Shiva has extensive experience in providing one-on-one counseling and group sessions for clients along the continuum of age to help parents with feeding challenges and picky-eater children, healthy pregnancy and breastfeeding, balanced vegetarian and vegan practices as well as healthy eating behaviours in different cultures.

Shiva is passionate about providing the best possible care to her clients, and to assist them with healthier eating habits without dieting, as she believes in "Health at every size".

She has obtained dietetic experience at Flemington Health Centre (Don Mills Diabetes Education Program), Medical Centre on Yonge, Dr. Mojab Diabetes and Endocrinology centre, Doctor Care Inc. as well as other clinics, hospitals and private practice.

In addition to English, Shiva speaks Farsi/Dari.

