



## **Anya White**

MHS, RD

**Registered Dietitian**

Anya is a registered dietitian with over 15 years of nutrition counseling and coaching experience. She has 13 years of specialized experience with diabetes education and enjoys helping her patients better manage their diabetes. Anya has experience in both clinical and community settings, holding dietitian roles in Canada and the US. She enjoys helping her patients manage the busyness of life to attain their nutrition goals and believes that it is possible to both- be busy and eat well!

Anya helps patients with cardiovascular disease, hypertension, fatty liver, gastrointestinal diseases, renal disease, diabetes management as well as other health conditions. She utilizes goal setting and supportive nutrition counseling to help her patients make mindful changes to routines that improve their health. Anya fosters skills-teaching for her patients- in particular, honoring hunger cues, teaching culturally appropriate meal planning and cooking balanced meals.

Anya holds a bachelor's degree in Nutrition and Dietetics and completed her Dietetic Internship at the University of the West Indies. She completed a second dietetic internship through the New Brunswick Association of Dietitians (Fredericton, NB). In 2013, Anya completed her master's degree in Health Studies: Leadership. Most recently, she has worked at Dr. Everett Chalmers Hospital (Fredericton, NB); Wellfort Community Health Services (Brampton, ON); and Houston Methodist Hospital (Houston, TX) and is pleased to work with patients here at CarePoint Health.

