



**Karissa Girdali**  
**RD, MSC**

**Registered Dietitian**

Karissa is a passionate registered dietitian whose love of nutrition springs from her own personal experiences. Karissa originally wanted to be a research scientist and studied the gut microbiome in graduate school. However, after seeing in her research how much nutrition affects a person's health, in addition to getting diagnosed with celiac disease, she decided to change career paths to become a registered dietitian. After finishing graduate school, she went to the University of Guelph for her BAsC in Applied Human Nutrition. Then she completed her dietetic internship with Hamilton Health Sciences. Before arriving at CarePoint Health, Karissa worked as a dietitian in private practice as well as home and community care.

Karissa uses a behaviour-based counselling approach to help patients build healthy habits that are sustainable and realistic. She not only provides nutrition education to patients, but also helps them develop skills that are essential to living a healthy lifestyle, like how to plan balanced meals and how to honour hunger and fullness cues. Karissa is not here to be the food police, but instead encourages moderation and eating for both health and satisfaction.

Karissa helps patients with gastrointestinal issues, diabetes, hypertension, dyslipidemia, cancer, as well as stroke survivors. She also supports patients with eating issues like binge eating, emotional eating, and distracted eating, using the Intuitive Eating Approach.

