

Please complete all the information below and FAX: 519 749 4206		
Patient's Name	Date of birth (Y/M/D)	Health Card Number
Caregivers first name(s):		
Preferred phone number(s):		Email:
Patient History		
Medical History	*Please attach child's growth chart if applicable	
Relevant Medications		
Relevant Bloodwork		
Referral Criteria		
<input type="checkbox"/> Family does not have access to a dietitian through a Family Health Team or Community Health Centre		
Reason for Referral		
<input type="checkbox"/> Obesity with co-morbidity (e.g. metabolic syndrome, dyslipidemia, hypertension) or obesity in children less than 5 years of age		
<input type="checkbox"/> Medically complex diagnosis with nutrition implications (e.g. tube feeds, congenital heart disease, ex-premature infant, trisomy 21 with feeding difficulties)		
<input type="checkbox"/> Poor intake/picky eating/feeding aversions/difficulty transitioning to age appropriate foods or textures with nutrition deficits (e.g. failure to thrive/impaired growth, iron deficiency anemia, other nutrient deficiencies)		
<input type="checkbox"/> Eating Disorder not being followed at CMHA (Canadian Mental Health Association)		
<input type="checkbox"/> GI/Digestive disease (e.g. celiac disease, cow's milk protein colitis)		
<input type="checkbox"/> Food Allergies with nutrition deficits (e.g. impaired growth, iron deficiency anemia, other nutrient deficiencies)		
<input type="checkbox"/> Iron deficiency anemia		
<i>*For all other concerns, please see reverse for suggestions on where to refer your patient. The family may have coverage for Dietitian services through 3rd party insurance benefits*</i>		
Referring Physician/Nurse Practitioner:		
Family Physician (if different from above):		
Date of Referral(Y/M/D):		

Pediatric Nutrition Resources for Residents of Waterloo Region

Nutrition Problem	Resource
Obesity	<ul style="list-style-type: none"> • Telehealth Ontario 1 866 797 0000-connect to a Registered Dietitian on healthy eating • Private Practice Dietitian (see below table)
'Typical' picky eating	<ul style="list-style-type: none"> • Telehealth Ontario 1 866 797 0000-connect to a Registered Dietitian on healthy eating • For self-management information and tools go to the website: www.unlockfood.ca • Private Practice Dietitian (see below table)
Food selectivity/problem eating/ feeding aversions	<ul style="list-style-type: none"> • KidsAbility- therapy and support services to children and youth, from birth to school exit, who have developmental, physical and/or communication delays or challenges Parents/service providers can refer- see website for referral form or call KidsAbility Intake Social Worker at 519 886-8886 ext 1214
Disordered eating/eating disorder	<ul style="list-style-type: none"> • Canadian Mental Health Association (CMHA) 1-844-264-2993 www.cmha.ca • Private Practice Dietitian (see below table)
Food allergies	<ul style="list-style-type: none"> • Private Practice Dietitian (see below table)
Difficulty transitioning to solids	<ul style="list-style-type: none"> • Private Practice Dietitian (see below table) or KidsAbility
Vegetarian and needs support	<ul style="list-style-type: none"> • Telehealth Ontario 1 866 797 0000-connect to a Registered Dietitian on healthy eating • For self-management information and tools go to the website: www.unlockfood.ca • Private Practice Dietitian (see below table)

Private Practice Dietitians in Waterloo Region with a Pediatric Focus

Business Name	Area of Specialty
Alfieri Nutrition Email: Alfierinutrition@icloud.com 519-503-2508	Breast feeding support Poor infant and/or toddler's growth Vegetarian and Vegan diets Nutrient Deficiencies – Iron and B 12 Infant feeding – introduction of solid foods
Blueprint Nutrition www.blueprintnutrition.ca	Infant latch/feeding issues or breast-feeding/formula feeding concerns Severe picky eating; Food aversions Oral motor delays; Sensory processing issues related to eating Nutritional and/or growth concerns related to eating Children with special needs around eating Vegetarian and vegan diets Food allergies; gluten free diets, celiac disease, IBD
Dietetic Directions www.dieteticdirections.com	Pregnancy Nutrition & Child Feeding, Infant Feeding Vegetarian & Vegan Diets Food relationship and disordered eating
Gut Instincts www.gutinstincts.ca	Intuitive Eating & Eating Disorder Recovery using a Health at Every Size (R) framework ,Digestive Health, Food Allergies/Sensitivities
Heather Wdowiak, RD www.waterloodietitian.ca	GI, picky eating, weight gain, weight loss