

About

Est. 2008

BetterByDesign Nutrition Ltd. is a Coquitlam-based registered dietitian practice led by Joy Erdile, MSc, RD, providing expert Medical Nutrition Therapy across British Columbia, Alberta, and Ontario since 2008.

Joy specializes in routine health and chronic disease management, hormonal health, digestive health, and therapeutic diets — including support for type 2 diabetes, hypertension, fatty liver, weight management, PCOS/PMOS, menopause, hypothyroidism, IBS, IBD, SIBO, celiac disease, low FODMAP protocols, GLP-1 nutrition support, and therapeutic ketogenic approaches for physical and mental health.

Joy provides structured nutrition packages with individualized meal plans, nutrition education sessions, and follow-up visits through secure virtual telehealth across BC, Alberta, and Ontario.

Contact Information

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Services

Initial Consultation

Starting point to discuss goals and select the right service or package.

GLP-1 Nutrition Support Package

Nutrition support for clients using GLP-1 medications.

Menopause Management Package

Structured nutrition support for menopause-related health goals.

Comprehensive Dietary Package

In-depth clinical assessment, individualized meal plan, nutrition education session, and follow-up visit...

Prenatal Nutrition Package

Prenatal nutrition support to help women nourish themselves and their babies optimally throughout pregnancy.

Polyendocrine Metabolic Ovarian Syndrome (PMOS) Package

Formerly the PCOS Package — helps address the underlying insulin resistance of PMOS/PCOS.

Hypothyroid Management Package

Dietary support for hypothyroid management.

Low FODMAP Diet Package

Three-phase low FODMAP diet implementation and support.

SIBO Management Package

Dietary support before, during, and after SIBO treatment.

Irritable Bowel Syndrome (IBS) Package

Digestive health package for IBS symptom support.

Inflammatory Bowel Disease (IBD) Package

Nutrition support for inflammatory bowel disease management.

Celiac Disease Management Package

Structured support for celiac disease and gluten-free nutrition.