



**Lisa Spriet, M.Sc., RD**

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Lisa Spriet is a registered dietitian and co-owner of NutriProCan, a company of registered dietitians. Passionate about driving social change towards nutrition and building her own signature programs, Spriet became one of the founders of Nutrition Professionals of Canada in 2015, now operating as NutriProCan. NutriProCan strives to change lives through nutrition, working with individuals and organizations. Spriet is a lecturer, speaker and coach for individuals and group programs, and she works with businesses and organizations to develop nutrition programming. She thrives on creating partnerships with others in the health and wellness arena. Throughout her undergraduate and postgraduate studies at Western University and The University of Guelph, she studied biochemistry and genetics, nutraceutical sciences, and nutrition and dietetics. At the same time, Spriet began her career in health and fitness, building a successful personal training business. She proceeded to work in clinics, gyms and biotechnology as well as teach nutrition sciences at the Brescia University College.