

Hey, I'm Ali, it's so nice to meet you! I graduated from the University of Alberta with a Nutrition & Food Science Degree. My internship placed me within Dairy Supply Chain Research in Tanzania, Africa. I later worked in a medical clinic with patients who suffered from Obesity and Type 2 Diabetes. My mission is to remind you that every single day of the year, every single food choice you make is either bringing you closer to or further away from your goals. Let's work together to optimize your nutrition habits and leverage your training. My happiness is fueled by nutritious food, babies, exercise, and photography.

Ali Hills
Aleat Nutrition

