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Dr. Jeffrey Alfonsi is an internal medicine physician, Co-Founder and Chief Medical Officer of RxFood, and an Assistant Professor at the University of Toronto. He also practices at Cleveland Clinic Canada and Trillium Health Partners, where his work focuses on helping people prevent and better manage chronic health conditions.

Jeff is board-certified in Obesity Medicine and Lifestyle Medicine and has a particular interest in how food, movement, sleep and everyday habits can have a meaningful impact on our health. He has also published research across nutrition and diabetes, digital health, cardiovascular medicine and clinical pharmacology.

Before RxFood, Jeff helped advance virtual care across Ontario through leadership roles at Ontario Telemedicine Network and Ontario Health. He trained at the University of Toronto and Western University and also holds an engineering degree from the University of Waterloo.