

**Ann A, Bailey, RD**

Woodbridge, VA  
303-795-4254

Email: [baileyaa@comcast.net](mailto:baileyaa@comcast.net)

*Areas of specialty:* ADD/ADHD, Certified LEAP Therapist, Culinary Nutrition, Food Allergies/Food Intolerances/Food Sensitivities, General Nutrition/Wellness/Healthy Eating, Gerontology Nutrition/Elderly Nutrition, Home Health Care, Integrative & Functional Nutrition

**Susan Baum, RDN, CDE**

Susan Baum, RDN, CDE Nutrition  
13135 Lee Jackson Memorial Highway  
Suite 201  
Fairfax, VA 22033  
703-999-6290

Email: [susanbaum50@gmail.com](mailto:susanbaum50@gmail.com)

[www.susanbaumrd.com](http://www.susanbaumrd.com)

*Areas of specialty:* Childhood Overweight/Obesity, Diabetes, Digestive Disorders, Food Allergies/Food Intolerances/Food Sensitivities, General Nutrition/Wellness/Healthy Eating, Gluten Intolerance/Celiac Disease, Heart Health, Kidney and Renal Diseases, Maternal/Pregnancy Nutrition, Nutrient Analysis, PCOS Nutrition, Pediatric Nutrition, Vegetarian/Vegan Nutrition, Weight Management, Women's Health, Certified Diabetes Educator  
*Provider for:* Aetna, Cigna, Medicare

**Michelle Berman, MS, RD, LD**

Nutritional Healing  
131 Church Street NW  
Vienna, VA 22180  
703-504-8702

[www.eatandBwell.com](http://www.eatandBwell.com)

*Areas of specialty:* Eating Disorders, Pediatrics, ADD/ADHD, Weight Management/binge eating, Women's Health Issues/Premenstrual Syndrome, Hyperlipidemia/Heart Health, Vegetarianism, Migraine Headaches, Digestive Health/IBD, Writing Blogs/Articles, Nutritional Therapy Groups for Eating Disorders

**Ali Boone, RDN, LDN**

TRUE Health & Wholeness  
2444 26<sup>th</sup> Rd S.  
Arlington, VA 22206  
215-850-7105

Email: [Ali@tru-hw.com](mailto:Ali@tru-hw.com)

**Nicole V Brown, MS, RDN, LD, ACSM EP-C**

For the Health of It!  
6305 Cardinal Hill Place  
Springfield, VA 22152  
AND  
1020 19<sup>th</sup> Street NW  
Suite 450  
Washington, DC 20036  
703-969-6114

Email: [nutrition.fitness@verizon.net](mailto:nutrition.fitness@verizon.net)

*Areas of specialty:* Childhood Overweight/Obesity, Diabetes, Fitness/Exercise, General Nutrition/Wellness/Healthy Eating, Gerontology Nutrition/Elderly Nutrition, Heart Health, Maternal/Pregnancy Nutrition, Metabolic Measurements, PCOS Nutrition, Pediatric Nutrition, Sports Nutrition, Vegetarian/Vegan Nutrition, Weight Management, Women's health  
*Provider for:* Aetna, Cigna, Medicare

**Pat Compton, RDN**

10 Christopher Lane  
Sterling, VA 20165  
703-450-4465

Email: [comptonp@comcast.net](mailto:comptonp@comcast.net)  
[www.thenutritionexchange.com](http://www.thenutritionexchange.com)

*Areas of specialty:* ADD/ADHD, Cancer/Oncology Nutrition, Childhood Overweight/Obesity, Corporate Wellness, Diabetes, Digestive Disorders, Eating Disorders, Fitness/Exercise, Food Allergies/Food Intolerances/Food Sensitivities, General Nutrition/Wellness/healthy Eating, Gerontology Nutrition/Elderly Nutrition, Gluten Intolerance/Celiac Disease, Heart Health, Kidney & Renal Diseases, Lactation, Maternal/Pregnancy Nutrition, Migraines/Chronic Headaches, Nutrient Analysis, Nutrition for Immune/Autoimmune Disorders and HIV/AIDS, PCOS Nutrition, Sports Nutrition, Vegetarian/Vegan Nutrition, Weight Management, Women's Health, Obesity

*Provider for:* Aetna, BCBS, Cigna, Medicare, United, MDIPA, Optimum Choice, Compass Rose

**Maryam Dadkhah, PhD, RDN, LDN, CPT**

Eatwellguru, LLC  
8233 Old Courthouse Rd, Suite 330  
Vienna, VA 22182

AND

6354 Walker Ln, Suite 103  
Alexandria, VA 22310

AND

46165 Westlake Dr. Suite 200  
Sterling, VA 20165  
703-665-3814

Email: [info@eatwellguru.com](mailto:info@eatwellguru.com)  
[www.eatwellguru.com](http://www.eatwellguru.com)

*Areas of specialty:* Weight Management, Diabetes, Heart Health, Digestive Disorders, Eating Disorders, Kidney and Renal Diseases, Pediatric Nutrition, Childhood Overweight/Obesity, Diabetes, Fitness/Exercise, General Nutrition/Wellness/Healthy Eating, Gerontology Nutrition/Elderly Nutrition, Vegetarian/Vegan Nutrition, Women's Health

*Provider for:* Aetna, BCBS, Cigna, Medicare

**Mary Lynn Duvall, RDN, CEDRD**

MLD Nutrition Care, Inc.  
2110 D Gallows Road  
Vienna, VA 22182  
703-893-1615

Email: [mldnutritioncare@gmail.com](mailto:mldnutritioncare@gmail.com)

*Areas of specialty:* Childhood Overweight/Obesity, Eating Disorders, General Nutrition/Wellness/Healthy Eating, Heart Health, Maternal/Pregnancy Nutrition, PCOS Nutrition, Pediatric Nutrition, Weight Management, Women's Health.

**Nancy Farrell, MS, RDN**

Farrell Dietitian Services  
231 Park Hill Dr. Suite A  
Fredericksburg, VA 22405  
540-479-3404

Email: [nancy@farrelldietitian.com](mailto:nancy@farrelldietitian.com)  
[www.farrelldietitian.com](http://www.farrelldietitian.com)

Academy of Nutrition and Dietetics Media Spokesperson

*Areas of specialty:* Cancer/Oncology, Childhood Overweight/Obesity, Digestive Disorders, Eating Disorders, Food Allergies/Food Intolerances/Food Sensitivities, General Nutrition/Wellness/Health Eating, Gluten Intolerance/Celiac Disease, Heart Health, Nutrient Analysis, Pediatric Nutrition, Sports Nutrition, Vegetarian/Vegan Nutrition, Weight Management, Bariatric Surgery

*Provider for:* Aetna, Cigna, Care First, Anthem

**Lise Gloede, RDN, CDE**

Nutrition Coaching, LLC  
2517 North Glebe Road  
Arlington, VA 22207  
703-516-4973

Email: [mynutritioncoach@yahoo.com](mailto:mynutritioncoach@yahoo.com)

[www.nutritioncoachlise.com](http://www.nutritioncoachlise.com)

*Areas of specialty:* Corporate Wellness, Diabetes, General Nutrition/Wellness/Healthy Eating, Gerontology Nutrition/Elderly Nutrition, Heart Health, Kidney and Renal Diseases, Maternal/Pregnancy Nutrition, Nutrition Writing, PCOS Nutrition, Vegetarian/Vegan Nutrition, Weight Management, Women's Health

*Provider for:* Aetna, Cigna, Medicare, United

**Jennifer Haas, MS, RD, CPT**

The Healthy Haas, LLC  
Gainesville, VA  
703-380-4771

Email: [jenn.h.haas@gmail.com](mailto:jenn.h.haas@gmail.com)

[www.thehealthyhaas.com](http://www.thehealthyhaas.com)

*Areas of specialty:* ADD/ADHD, Cancer/Oncology, Childhood Overweight/Obesity, Corporate Wellness, Culinary Nutrition, Diabetes, Digestive Disorders, Fitness/Exercise, Food Allergies/Food Intolerances/Food Sensitivities, General Nutrition/Wellness/Healthy Eating, Gerontology Nutrition/Elderly Nutrition, Gluten Intolerance/Celiac Disease, Heart Health, Integrative & Functional Nutrition, Migraines/Chronic Headaches, Nutrition for Immune/Autoimmune Disorders and HIV/AIDS, Nutrition Writing, PCOS Nutrition, Pediatric Nutrition, Product/Recipe/Menu development, Sports Nutrition, Vegetarian/Vegan Nutrition, Weight Management, Women's Health  
*Languages:* Speaks some French

**Cheryl Harris, MPH, RD**

Harris Whole Health  
9675-A Main Street  
Fairfax, VA 22031  
AND  
5680 King Centre Drive  
Suite 600  
Alexandria, VA 22315  
571-271-8742

Email: [RD@harriswholehealth.com](mailto:RD@harriswholehealth.com)

[www.harriswholehealth.com](http://www.harriswholehealth.com)

*Areas of specialty:* Cancer/Oncology Nutrition, Childhood Overweight/Obesity, Digestive Disorders, Food Allergies/Food Intolerances/Food Sensitivities, General Nutrition/Wellness/Healthy Eating, Gluten Intolerance/Celiac Disease, Heart Health, Lactation, Nutrition for Immune/Autoimmune Disorders and HIV/AIDS, Nutrition Writing, PCOS Nutrition, Pediatric Nutrition, Vegetarian/Vegan Nutrition, Women's Health

*Provider for:* Aetna, Cigna, Medicare

**Deborah Jeffery, RDN, LD**

Deborah Jeffery, RDN, LD  
1800 Michael Faraday Dr.  
Suite 201  
Reston, VA 20190  
AND  
2501 N Glebe Rd  
Suite 304  
Arlington, VA 22207  
703-201-1184

Email: [DJefferyRD@gmail.com](mailto:DJefferyRD@gmail.com)  
[www.FairfaxDietetics.com](http://www.FairfaxDietetics.com)

*Areas of specialty:* Childhood Overweight/Obesity, Corporate Wellness, General Nutrition/Wellness, Healthy Eating, Heart Health, Maternal/Pregnancy Nutrition, Metabolic Measurements, PCOS Nutrition, Pediatric Nutrition, Vegetarian/Vegan Nutrition, Weight Management, Women's Health, Nutrition Presentations

**Anu Kaur, MS, RDN, RYT**

A Nu Healthy You  
714 Pine Street  
Herndon, VA 20171  
703-855-4351 or 703-880-5469

Email: [anu@anuhealthyyou.com](mailto:anu@anuhealthyyou.com)  
[www.ANuHealthyYou.com](http://www.ANuHealthyYou.com)

*Areas of Specialty:* Cancer/Oncology Nutrition, Childhood Overweight/Obesity (teenagers), Corporate Wellness, Diabetes, General Nutrition/Wellness/Healthy Eating, Heart Health, Integrative & Functional Nutrition, Maternal/Pregnancy Nutrition, PCOS Nutrition, Vegetarian/Vegan Nutrition, Weight Management, Women's Health

*Provider for: Aetna, Cigna*  
*Languages: Punjabi*

**Jessica Lare, RDN**

Dominion Internal Medicine  
225 Oak Springs Dr. #201  
Warrenton, VA 20186  
540-878-5408

[www.dominioninternalmedicine.com](http://www.dominioninternalmedicine.com)

*Areas of specialty:* Diabetes, Digestive Disorders, Fitness/Exercise, Food Allergies/Food Intolerances/Food Sensitivities, General Nutrition/Wellness/Healthy Eating, Gerontology Nutrition/Elderly Nutrition, Gluten Intolerance/Celiac Disease, Heart Health, Home Health Care, Integrative & Functional Nutrition, Kidney and Renal Diseases, Nutrient Analysis, Sports Nutrition, Vegetarian/Vegan Nutrition, Weight Management, Women's Health

*Provider for: Aetna, BCBS, Cigna, Medicaid, Medicare, United*

**Dori T. Mitchell, MS, RDN**

Dori T. Mitchell, MS, RDN  
6712 N 27<sup>th</sup> St  
Arlington, VA 22213  
703-534-4348

Email: [dorimitchell3@gmail.com](mailto:dorimitchell3@gmail.com)

*Areas of specialty:* Cancer/Oncology Nutrition, Nutrition Writing, Product/Recipe/Menu Development, Nutrition Education and Communications Consultant with expertise in cancer prevention and survivorship

**Susan Moore, MS, RD**

Susan Moore, MS, RD  
6355 Walker Lane  
Suite 309  
Alexandria, VA 22310  
703-209-3334  
Email: [susanmoorerd@gmail.com](mailto:susanmoorerd@gmail.com)  
[www.susanmoorerd.com](http://www.susanmoorerd.com)

*Areas of specialty:* ADD/ADHD, Certified LEAP Therapist, Diabetes, Digestive Disorders, Food Allergies/Food Intolerances/Food Sensitivities, Heart Health, Integrative & Functional Nutrition, Migraines/Chronic Headaches, PCOS Nutrition, Weight Management, Irritable Bowl Syndrome (IBS), Binge-eating disorder, disordered eating, FODMAP  
*Provider for:* Aetna, BCBS, Cigna, Medicaid, Medicare

**Stephanie Mull, MS, RD, CSSD**

SMull Nutrition  
GWU Weight Management and Human Performance Lab  
44983 Knoll Square  
Ashburn, VA 20147  
703-244-3448  
571-553-0237  
Email: [Stephanie@smullnutrition.net](mailto:Stephanie@smullnutrition.net)  
[www.smullnutrition.net](http://www.smullnutrition.net)

*Areas of specialty:* Childhood Overweight/Obesity, Eating Disorders, Fitness/Exercise, General Nutrition/Wellness/Healthy Eating, Metabolic Measurements, Sports Nutrition, Weight Management

**Suchitra Nathan, MS, RDN, CDE**

Smiley Meal, LLC  
12330 Pinecrest Road  
Suite 125  
Reston, VA 20191  
571-306-2711  
Email: [suchitra@smileymeal.com](mailto:suchitra@smileymeal.com)  
[www.smileymeal.com](http://www.smileymeal.com)

*Areas of specialty:* Diabetes, Kidney and Renal Diseases, Weight Management, Gestational Diabetes  
*Provider for:* Aetna, BCBS, Cigna, Medicare, United, Anthem  
*Languages:* Hindi/Gujarati

**Theresa O'Donnell, RDN**

T.A. O'Donnell Associates  
7409 Chatham St  
Springfield, VA 22151  
703-941-2710  
Email: [Theresa@taodonnell.com](mailto:Theresa@taodonnell.com)  
[www.taodonnell.com](http://www.taodonnell.com)

*Areas of specialty:* ADD/ADHD, Corporate Wellness, Diabetes, Digestive Disorders, Eating Disorders, Fitness/Exercise, Food Allergies/Food Intolerances/Food Sensitivities, General Nutrition/Wellness/Healthy Eating, Gerontology/Elderly Nutrition, Gluten Intolerance/Celiac Disease, Heart Health, Integrative & Functional Nutrition, Migraines/Chronic Headaches, Nutrition for Immune/Autoimmune Disorders and HIV/AIDS, PCOS Nutrition, Pediatric Nutrition, Sports Nutrition, Vegetarian/Vegan Nutrition, Weight Management, Women's Health, Chronic Illness  
*Provider for:* Aetna, Cigna, United  
*Languages:* French

**Danielle Omar, MS, RD**

Danielle Omar Nutrition/Food Confidence  
Fairfax, VA 22030

Email: [Danielle@foodconfidence.com](mailto:Danielle@foodconfidence.com)  
[www.foodconfidence.com](http://www.foodconfidence.com)

*Areas of specialty:* Integrative & Functional Nutrition, General Nutrition/Wellness/Healthy Eating, Corporate Wellness, Culinary Nutrition, Digestive Disorders, Weight Loss, Nutrition Writing, Product/Recipe/Menu Development, Vegetarian/Vegan Nutrition

**Ashley Palatiello, RD, LD**

Pinney Davenport Nutrition, LLC  
2440 M Street, NW  
Washington, DC

AND

1495 Chain Bridge Rd  
McLean, VA  
202-997-6372

Email: [Ashley.palatiello@gmail.com](mailto:Ashley.palatiello@gmail.com)  
[www.pinneydavenport.com](http://www.pinneydavenport.com)

*Areas of specialty:* Childhood Overweight/Obesity, Eating Disorders, General Nutrition/Wellness/Healthy Eating, Pediatric Nutrition, Weight Management

**Cindy Palmerino, MS, RD, BCLC**

Energize Your Size, LLC  
8237 Chancery Ct  
Alexandria, VA 22308  
858-212-7239

Email: [cindy@energizeyoursize.com](mailto:cindy@energizeyoursize.com)  
[www.Energizeyoursize.com](http://www.Energizeyoursize.com)

*Areas of specialty:* Childhood Overweight/Obesity, Diabetes (Type 2), Fitness/Exercise, General Nutrition/Wellness/Healthy Eating, Heart Health, Lactation, Maternal/Pregnancy Nutrition, Pediatric Nutrition, Weight Management  
Provider for: Aetna, BCBS, Cigna, Medicare

**Sara Rice, MHA, RDN**

Nutrition Reflections, LLC  
8303 Riverton Lane  
Alexandria, VA 22308  
703-473-3320

Email: [NutritionReflections@gmail.com](mailto:NutritionReflections@gmail.com)  
Twitter: @NutriSavant

*Areas of specialty:* Fitness/Exercise, General Nutrition/Wellness/Healthy Eating, Sports Nutrition, Weight Management

**Theresa Roth, RD**

Be Healthy Nutrition Consulting  
21351 Gentry Drive  
Suite 125  
Sterling, VA 20166  
703-851-8932

Email: [Theresaroth6@gmail.com](mailto:Theresaroth6@gmail.com)  
[www.behealthynutritionconsulting.com](http://www.behealthynutritionconsulting.com)

*Areas of specialty:* Childhood Overweight/Obesity, Diabetes, Eating Disorders, Fitness/Exercise, General Nutrition/Wellness/Healthy Eating, Heart Health, Maternal/Pregnancy Nutrition, Metabolic Measurements, PCOS Nutrition, Pediatric Nutrition, Weight Management  
Provider for: Aetna, BCBS, Cigna, Medicaid, Medicare

**Shirley Scrafford, RD, CPC**

My Chef Shirley, LLC  
7001 Loisdale Rd  
Suite C  
Springfield, VA 22015  
703-209-3919

Email: [Shirley@mychefshirley.com](mailto:Shirley@mychefshirley.com)  
[www.mychefshirley.com](http://www.mychefshirley.com)

*Areas of specialty:* Culinary Nutrition, Food Allergies/Food Intolerances/Food Sensitivities, General Nutrition/Wellness/Healthy Eating, Home Health Care, Personal Chef, Product/Recipe/Menu Development, Vegetarian/Vegan Nutrition, Weight Management

**Carla Sidhu, MS, RD**

Eat2Win Nutrition  
404 N Van Buren Street  
Falls Church, VA 22046  
703-608-0280

[Carla@Eat2WinNutrition.com](mailto:Carla@Eat2WinNutrition.com)  
[www.Eat2WinNutrition.com](http://www.Eat2WinNutrition.com)

*Areas of specialty:* Fitness/Exercise, General Nutrition/Wellness/Healthy Eating, Heart Health, Maternal/Pregnancy Nutrition, Metabolic Measurements, PCOS Nutrition, Sports Nutrition, Weight Management, Women's Health  
*Provider for:* Aetna, BCBS, Cigna

**Uma Scridhar, MS, RD, CDE**

Nutrition Consult, LLC  
43810 Central Station Dr  
Suite 160  
Ashburn, VA 21048  
703-400-1274

Email: [Nutritionconsultllc@gmail.com](mailto:Nutritionconsultllc@gmail.com)

*Areas of specialty:* Childhood Overweight/Obesity, Diabetes, Digestive Disorders, Eating Disorders, Food Allergies/Food Intolerances/Food Sensitivities, General Nutrition/Wellness/Healthy Eating, Gluten Intolerance/Celiac Disease, Heart Health, Kidney and Renal Diseases, Lactation, Maternal/Pregnancy Nutrition, PCOS Nutrition, Pediatric Nutrition, Vegetarian/Vegan Nutrition, Weight Management, Women's Health  
*Provider for:* Aetna, BCBS, Cigna, Medicaid, Medicare

**Carlene Thomas, RDN, LD**

Healthfully Ever After, LLC  
Leesburg, VA  
Washington, DC  
703-999-5853

Email: [carlene@carlenethomas.com](mailto:carlene@carlenethomas.com)  
[www.healthfullyeverafter.CO](http://www.healthfullyeverafter.CO)

*Areas of specialty:* General Nutrition/Wellness/Healthy Eating, Nutrition Writing, Product/Recipe/Menu Development, Weight Management

**Cristin Wipfler, MPH, RD, CPT**

Compleat Nutrition, LLC  
7 South Liberty St  
Middleburg, VA 20117  
703-489-0873

Email: [Cristin@MyCompleatNutrition.com](mailto:Cristin@MyCompleatNutrition.com)  
[www.MyCompleatNutrition.com](http://www.MyCompleatNutrition.com)

*Areas of specialty:* Corporate Wellness, Fitness/Exercise, General Nutrition/Wellness/Healthy Eating, Sports Nutrition, Vegetarian/Vegan Nutrition, Weight Management, Women's Health