

## CONSULTING DIETITIANS IN NORTHERN VIRGINIA (alpha order by city)

### **Susan Berkow, PhD, CNS**

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Alexandria, VA 22307  
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[susan@susanberkow.com](mailto:susan@susanberkow.com)  
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### **Elizabeth Holm, DrPH, RD**

1707 Belle View Blvd., Suite B-2  
Alexandria, VA 22307  
(703) 660-9614  
[emholm@verizon.net](mailto:emholm@verizon.net)  
Specialty: Eating disorders; compulsive overeating;  
childhood feeding; weight mgmt for all ages

### **Cheryl Harris, MPH, RD**

3345 Duke St.  
Alexandria, VA 22314 and  
9675-A Main Street  
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(571) 271-8742  
[rd@eharrishome.com](mailto:rd@eharrishome.com)  
[www.harriswhohealth.com](http://www.harriswhohealth.com)  
Specialty: Celiac disease; gluten intolerance; food allergies;  
mindful eating; maternal/infant health; vegetarian/vegan  
diets; whole food  
Provider for: Aetna, BCBS, CIGNA, Medicare

### **Susan Moore, MS, RD**

6355 Walker Lane, Suite 309  
Alexandria, VA 22310  
(703) 644-4461  
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[susanmoorerd@gmail.com](mailto:susanmoorerd@gmail.com)  
[www.susanmoore.com](http://www.susanmoore.com)  
Specialty: Irritable bowel syndrome & other digestive  
disorders; food sensitivities; migraines; disordered eating;  
weight mgmt; diabetes; high cholesterol

### **Lise Gloede, RD, CDE**

1635 N. George Mason Dr., #485  
Arlington, VA 22205  
(703) 516-4973  
[MyNutritionCoach@yahoo.com](mailto:MyNutritionCoach@yahoo.com)  
[www.nutritioncoachlise.com](http://www.nutritioncoachlise.com)  
Specialty: Diabetes; vegetarian; women's health; prenatal  
nutrition; cardiovascular; weight mgmt

### **Rosalind Taylor, MS, RD**

Taylor Nutrition Consulting LLC  
3930 Walnut Street  
Suite 101  
Fairfax, VA 22030  
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Fax: (703) 278-8576  
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[info@taylornutritionconsulting.com](mailto:info@taylornutritionconsulting.com)  
Specialty: chronic kidney disease/pre-dialysis; prediabetes;  
diabetes type 2; hypertension; kidney transplant; weight  
management.  
Provider for: Medicare, Aetna, CareFirst, and Cigna.

### **Kathy Glazer, MS, RDN, LD**

7205 Idylwood Ct.  
Falls Church, VA 22043 and  
3 Washington Circle, NW  
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(571) 213-1988  
[KglazerRD@aol.com](mailto:KglazerRD@aol.com)

Specialty: Weight mgmt adult and pediatric; cardiovascular;  
diabetes; hypertension; digestive disorders; eating  
disorders; women's health

### **Nancy Z. Farrell, MS, RD**

Farrell Dietitian Services, LLC  
231 Park Hill Dr, Ste A  
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(540) 479-3404  
[nancy@farrelldietitian.com](mailto:nancy@farrelldietitian.com)  
[www.farrelldietitian.com](http://www.farrelldietitian.com)

Specialty: Food allergies; cardiac nutrition; digestive  
issues; eating disorders; gastric surgery; pediatric nutrition;  
sports nutrition; vegetarian nutrition; weight management;  
individual consultations; group presentations

### **Jean Hoppe, RD, ACE Fitness Instructor, Les Mills Body Flow Instructor**

1101 Sam Perry Blvd., Suite 401  
Fredericksburg, VA 22401  
(540) 368-5342  
[jmhoppe4@gmail.com](mailto:jmhoppe4@gmail.com)  
[www.Prattmed.com](http://www.Prattmed.com)

Specialty: Diabetes; eating disorders; weight mgmt;  
cardiovascular nutrition

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

7915 Lake Manassas Drive, Suite 302  
Gainesville, VA 20155  
(703) 380-4771  
[thehealthyhaas@gmail.com](mailto:thehealthyhaas@gmail.com)  
[www.thehealthyhaas.com](http://www.thehealthyhaas.com)  
Specialty: Medical nutrition therapy for most disease states;  
wellness; food product development; sensory evaluation of  
foods; supplements; nutraceuticals; cultural foods; long term  
care; skilled nursing facilities

### **Sandeep "Anu" Kaur, MS, RD, RYT**

"A Nu Healthy You" / Kaur & Singh, Inc  
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[www.AnuHealthyYou.com](http://www.AnuHealthyYou.com)  
[Linked in](#), [Twitter](#) & [Facebook](#)

Specialty: Cancer prevention & survivorship; women's  
health; PCOS; vegetarianism; wellness coaching; yoga  
therapy; functional integrative medicine; science of yoga and  
nutrition workshops; medical/health writing. *Certified  
Wellness Coach & Registered Yoga Teacher.*

### **Sheree Hughes, RD**

704 South King Street, Suite 1  
Leesburg, VA 20175  
(703) 727-6100  
[shughesrd@hotmail.com](mailto:shughesrd@hotmail.com)  
Specialty: Pediatrics only – gastrointestinal; FTT; GT/NG  
tubes and weaning

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

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(703) 244-3448  
[stephanie@smullnutrition.net](mailto:stephanie@smullnutrition.net)  
[www.smullnutrition.net](http://www.smullnutrition.net)

Specialty: Sports nutrition; adult and pediatric weight management; disordered eating; general nutrition

**Roseleen Allen, MS, RD, CDE**

5670 Davis Ford Road  
Manassas, VA 20112  
(703) 690-3465

Specialty: Diabetes; weight control, cardiovascular; gastrointestinal; renal for all ages

**Paula Payne, MS, RD**

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(540) 364-0153  
[piedmontrd1@yahoo.com](mailto:piedmontrd1@yahoo.com)  
[www.piedmontnutrition.com](http://www.piedmontnutrition.com)

Specialty: Weight mgmt; eating disorders; diabetes; will make house calls  
Provider for many major health insurance plans

**Barbara Rovner, MEd, RD, LD**

BRovner Consultants Inc.  
11306 Sundial Court  
Reston, VA 20194  
(703) 956-9566 or (703) 937-7223  
[brovner@aol.com](mailto:brovner@aol.com)

Specialty: Food Service Director; Culinary Instructor; Food Tester; Food & Health Inspector; clinical dietetics; anorexia, bulimia, teenage obesity

**Nicole Brown, MS, RDN, LD, ACSM HFS**

6305 Cardinal Place  
Springfield, VA 22152 and  
1828 L Street NW, Suite 350  
Washington, DC 20036  
(703) 969-6114  
Fax: (703) 991-1254  
[nutrition.fitness@verizon.net](mailto:nutrition.fitness@verizon.net)

Specialty: Weight management; cholesterol, hypertension; childhood obesity; diabetes; exercise prescriptions; fitness evals; wellness; metabolic measurements; pediatrics; sports nutrition  
Provider for: Aetna, Cigna, Medicare

**Theresa O'Donnell, RD**

7409 Chatham St.  
Springfield, VA 22151  
(703) 941-2710  
[tao11@verizon.net](mailto:tao11@verizon.net)

Specialty: Weight mgmt; diabetes, cardiovascular, GI and autoimmune issues, eating disorders, food allergies; wellness; sports nutrition

**Pat Compton, RDN**

10 Christopher Lane  
Sterling, VA 20165  
(703) 450-4465  
[comptonp@comcast.net](mailto:comptonp@comcast.net)  
[www.thenutritionexchange.com](http://www.thenutritionexchange.com)

Specialty: All diagnosis and age groups. Health insurances accepted.

**Pamela DuRousseau, MPH, RD**

Peak Nutrition Therapy Solutions  
107 E. Holly, Suite 13  
Sterling, VA 20165  
(703) 444-7325  
[www.peaknt.com](http://www.peaknt.com)

Specialty: Medical Nutrition Therapy for all diseases; post-hospital nutritional rehab; wound healing; wellness and lifestyle coaching; integrative and functional nutrition; food allergies/intolerances; recipe/menu development with nutrition analysis, culinary nutrition; environmental nutrition

**Michelle Berman, MS, RD**

131 Church St., NW, Suite 3  
Vienna, VA 22180 and  
1320 19<sup>th</sup> Street, NW, Suite 200  
Washington, DC 20036  
(703) 504-8702  
[www.EatandBwell.com](http://www.EatandBwell.com)

Specialty: Wellness; mood/food issues; eating disorders; pediatrics; hyperlipidemia; weight mgmt; GI disorders; PMS

**Judy Caplan, MS, RDN**

Nutrition Ammunition  
129 Park Street, NE, Suite 12F  
Vienna, VA 22180  
(703) 758-2399  
[judycaplan@gobefull.com](mailto:judycaplan@gobefull.com)  
<http://www.qobefull.com>

Specialty: Individual counseling for prevention and treatment of overweight/obesity/accompanying medical issues; optimal health and lifestyle coaching; corporate wellness; menu planning; school nutrition; seminars and workshops on health promotion; gluten-free diets, juicing

**Ann Bailey RD, Certified LEAP Therapist**

Woodbridge, VA 22191  
(703) 795-4254  
[baileyaa@comcast.net](mailto:baileyaa@comcast.net)

Specialty: Food allergies & sensitivities; adult and geriatric wellness and weight mgmt; dietary component of ADHD mgmt. Home visits may be scheduled.