

Roseleen M. Allen, MS, RDN, CDE

Registered Nutrition Counselors
5670 Davis Ford Road, Manassas, Va. 20112
703 583-1440

Email: nutriline@comcast.net

Areas of specialty: Childhood overweight/obesity, Diabetes, Digestive disorders, General Nutrition Wellness/Healthy Eating, Gluten intolerance/Celiac disease, Heart health, Kidney and renal disease, Metabolic measurements, Nutrient analysis, PCOS nutrition

Ann A, Bailey, RD

Woodbridge, VA
303-795-4254

Email: 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

Michele Ballard, RDN

1703 26th Street South #10
Arlington, Va 22206
951-369-3297

Email: umicheleballard@gmail.com

Areas of specialty: Diabetes, Food Allergies/Food Intolerances/Food Sensitivities, General Nutrition Wellness/Healthy Eating, Gluten Intolerance/Celiac Disease, School nutrition, Vegetarian/Vegan 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

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

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

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

Email: Nicole.nutrition.fitness@gmail.com

Areas of specialty: Childhood Overweight/Obesity, Culinary nutrition, 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

Heather Caplan RDN

Heater Caplan Coaching, LLC
814-777-5770

Email: coaching@heathercaplan.com
www.heathercaplan.com

Areas of specialty: Corporate wellness, eating disorders, fitness/exercise, general nutrition wellness/healthy eating, nutrition writing, sport nutrition, women's health

Janny Cho, RDN, CLC

Let's Eat! Healthy Life, LLC
7535 Little River Turnpike
Suite 310 A
Annandale VA 22003
240-498-3694

Email: letseathealthylife@gmail.com

Areas of specialty: Childhood overweight/obesity, diabetes, fitness/exercise, food allergies/food intolerance/food sensitivities, general nutrition wellness/healthy eating, gerontology nutrition/elder nutrition, lactation, maternal /pregnancy nutrition, pediatric nutrition, weight management, women's health.

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

Languages: Korean, Intermediate Spanish

Pat Compton, RDN

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

Email: comptonp@comcast.net
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' Health, Obesity

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

Mary Lynn Duvall, RDN, CEDRD

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

Email: 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
232 Park Hill Dr. Suite A
Fredericksburg, VA 22401
540-479-3404
Email: nancy@farrelldietitian.com
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

Jessica Ganzer

Ganzer Wellness Consulting LLC
2624 N Potomac Street
Arlington, VA 22207
Email: rdjessica@gmail.com
www.JessicaGanzer.com

Areas of specialty: Corporate wellness, Digestive disorders, Fitness/exercise, Food allergies/Food intolerances/Food sensitivities, General Nutrition/Wellness/Healthy Eating, Heart Health, Nutrient analysis, Nutrition Writing, Weight Management, Women's Health

Jennifer Haas, MS, RD, CPT

The Healthy Haas, LLC
Gainesville, VA
703-380-4771
Email: jenn.h.haas@gmail.com
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, CLC

Harris Whole Health
9675-A Main Street
Fairfax, VA 22031
Email: RD@harriswholehealth.com
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 Autoimmune Disorders Nutrition Writing, PCOS Nutrition, Pediatric Nutrition, Vegetarian/Vegan Nutrition, Women's Health, IBS, IBD (Crohn's and Colitis), low FODMAP, SCD, Mindful eating
Provider for: Aetna, Cigna, Medicare

Mary L. Hunt, MS, RDN
3807 Whitman Road

Annandale VA 22003

571-314-0173

Email: hearthealthyrd@gmail.com

www.hearthealthyrd.com

Areas of specialty: Childhood overweight/obesity, diabetes, digestive disorders, general nutrition wellness/healthy eating, gluten intolerance/Celiac disease, heart disease, PCOS, vegetarian/vegan nutrition, weight management, women's health

Provider for: Aetna, BCBS

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

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

Emily K. McDonough, RDN

Prosperity Eating Disorders and Wellness Center

1031 Sterling Road, Suite 201

Herndon, VA 20170

703-466-5150 x808

emilym@prosperityedwell.com

www.prosperityedwell.com

Areas of specialty: eating disorders

Dori T. Mitchell, MS, RDN

Dori T. Mitchell, MS, RDN

703-534-4348

Email: dorimitchell3@gmail.com

Areas of specialty: Cancer/Oncology Nutrition, Corporate wellness, Gerontology nutrition, Heart health, Nutrition Writing, Product/Recipe/Menu Development, Nutrition Education and Communications Consultant with expertise in cancer prevention and survivorship

Stephanie Mull, MS, RD, CSSD

SMull Nutrition

GWU Weight Management and Human Performance Lab

44983 Knoll Square

Ashburn, VA 20147

703-244-3448

571-553-0238

Email: stephanie.m.mull@gmail.com

www.smullnutrition.net

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

Romy Nathan, MPH, RDN

Romy Nathan Nutrition Consulting

44075 Pipeline Plaza Suite 300

Ashburn, VA 20147

703-919-7574

RomyNathan@me.com

www.RomyNathan.com

Areas of specialty: Childhood Overweight/Obesity, Diabetes, Fitness/Exercise, General Nutrition/Wellness/Healthy Eating, Heart health, Metabolic Measurements, Nutrition Writing, PCOS nutrition, Pediatric nutrition, Sports Nutrition,

Suchitra Nathan, MS, RDN, CDE

Smiley Meal, LLC

12330 Pinecrest Road

Suite 125

Reston, VA 20191

571-306-2711

Email: suchitra@smileymeal.com

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

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

Ashley Palatiello, RD, LD

Pinney Davenport Nutrition, LLC

And

Mood Balance Nutrition

2440 M Street, NW

Washington, DC

AND

1495 Chain Bridge Rd

McLean, VA

202-997-6372

And

1760 Reston Parkway, Suite 212

Reston, VA 20190

703-852-9675

Email: Ashley.palatiello@gmail.com

www.pinneydavenport.com

www.moodbalancenutrition.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

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

Sandra Pinney, MS, RDN, LD

Pinney Davenport Nutrition

2440 M Street, NW

Washington, DC

202-997-6372

Email: scpinney@gmail.com

www.pinneydavenport.com

Areas of specialty: Childhood overweight/obesity, eating disorders, fitness/exercise, general nutrition wellness/healthy eating, lactation, maternal/pregnancy nutrition, pediatric nutrition, sports nutrition, vegetarian/vegan nutrition, weight management, women's health.

Kathleen Rodgers, MA, RDN, LD, CDE

National Center for Weight and Wellness

1020 19th Street NW

Suite 450

Washington, DC 20036

202-22303077

Email: Kathy@nationalweight.org

Areas of Specialty: Diabetes, digestive disorders, fitness/exercise, food allergies/food intolerance/food sensitivities, heart health, PCOS nutrition, weight management, women's health, continuous glucose monitors and insulin pumps.

Theresa Roth, RD

Be Healthy Nutrition Consulting

21351 Gentry Drive

Suite 125

Sterling, VA 20166

703-851-8932

Email: Theresaroth6@gmail.com

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

6564 Loisdale Rd

Suite 600V

Springfield, VA 22015

703-209-3919

Email: info@mychefshirley.com

www.mychefshirley.com

Areas of specialty: Corporate wellness, Culinary Nutrition, Food Allergies/Food Intolerances/Food Sensitivities, General Nutrition/Wellness/Healthy Eating, Home Health Care, Nutrient Analysis, 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

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

Elizabeth Tolland, RD

Mood Balance Nutrition

1760 Reston Parkway, Suite 212

Reston, VA 20190

703-852-9675

Email: liz@moodbalancenutrition.com

www.moodbalancenutrition.com

Areas of specialty: Eating Disorders, General Nutrition/Wellness/Healthy Eating

Cheryl Toner, MS, RDN

464 Herndon Parkway Suite 116

Herndon, VA 20171

703-638-5846

Email: toner@cdtconsult.com

<http://athletesfoodcoach.com>

Areas of specialty:

Fitness/exercise, General nutrition/healthy eating, Heart health, Nutrition writing, Vegetarian/Vegan nutrition.

Provider for: BCBS, Cigna

Bridget Ulrich, MS, RD

Ultrasound Nutrition

926 Barton Oaks Place
Herndon, VA 20170
703-853-4871

www.ultrasoundnutrition.com

Areas of specialty: General nutrition/healthy eating, lactation, maternal nutrition, PCOS nutrition, pediatric nutrition, MTHFR gene mutations, baby led weaning.

Maureen Watts, RD

Watts Nutrition Services, LLC
101 Duke Street
Suite 203
Culpeper, VA 22701
540-825-6973

wattsnutrition@yahoo.com

www.wattsrd.com

Areas of specialty: Diabetes, Eating disorders, General Nutrition/Wellness/Healthy Eating, Heart health, Weight Management

Provider for: Aetna, Medicare, Optima