

NVAND Private Practice and Consultation List 2020-2021

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

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, Corporate Wellness, 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

Janny Cho, RDN, CLC - Telehealth Provider

Let's Eat! Healthy Life, LLC

7535 Little River Turnpike, Suite 310 A

Annandale VA 22003

240-498-3694

Email: letseathealthylife@gmail.com

<https://www.healthprofs.com/us/nutritionists-dietitians/lets-eat-healthy-life-llc-annandale-va/562751>

Areas of Specialty: Childhood Overweight/Obesity, Diabetes, Eating Disorders, Food Allergies/Food Intolerance/Food Sensitivities, General Nutrition Wellness/Healthy Eating, Gerontology Nutrition/Elderly Nutrition, Heart Health, Lactation, Maternal/Pregnancy Nutrition, Pediatric Nutrition, Vegetarian/Vegan Nutrition, Weight Management, Women's Health.

Provider for: Aetna, Anthem, BCBS, Cigna, Coventry, Medicare, Medicaid/Anthem Healthkeeps Plus United.

Languages: Korean, Intermediate Spanish

Pat Compton, RDN - Telehealth Provider

The Nutrition Exchange

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, 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, Maternal/Pregnancy Nutrition, Metabolic Measurements, Migraines/Chronic Headaches, Nutrition for Immune/Autoimmune Disorders, PCOS Nutrition, Pediatric Nutrition, Vegetarian/Vegan Nutrition, Weight Management, Women's Health

Provider for: Aetna, BCBS, Cigna, Medicare, United/MDIPA/GEHA

Mary Lynn Duvall, RDN, CEDRD - Telehealth Provider

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, Maternal/Pregnancy Nutrition, PCOS Nutrition,

Pediatric Nutrition, Vegetarian/Vegan Nutrition, Weight Management, Women's Health, Non-Diet, Health at Every Size, Intuitive Eating, Mindful Eating

Nancy Farrell Allen, MS, RDN, FAND - Telehealth Provider

Farrell Dietitian Services

231 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: 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, Nutrition Writing, Sports

Nutrition, Vegetarian/Vegan Nutrition, Weight Management

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

Leslie Flory, RDN - Telehealth Provider

Leslie Flory Nutrition

13919 Cristo Ct.

Centreville, VA 20102

571-449-7035

Email: Leslie.Flory.Nutrition@gmail.com

www.leslieflorynutrition.com

Areas of Specialty: Bariatric Nutrition, Corporate Wellness, Diabetes, Digestive Disorders, Eating

Disorders, Fitness/Exercise, General Nutrition/Wellness/Healthy Eating, Heart Health, Kidney and Renal Disease,

Lactation, Maternal/Pregnancy Nutrition, Nutrition for Autoimmune and Immune Disorders, PCOS, Sports

Nutrition, Vegetarian/Vegan Nutrition, Weight Management, Women's Health

Provider for: Aetna, Cigna

Kathy Glazer, MS, RDN, LD - Telehealth Provider

EatSmartCoach

3 Washington Circle, NW #303

Washington, DC 20037

AND

Falls Church, VA

571-213-1988

Email: Kathy@EatSmartCoach.com

www.EatSmartCoach.com

Areas of Specialty: Corporate Wellness, Diabetes, Digestive Disorders, General Nutrition/Wellness/Healthy Eating, Gluten Intolerance/Celiac Disease, Heart Health, Maternal/Pregnancy Nutrition, PCOS Nutrition, Weight Management, Women's Health
Provider for: Aetna, Cigna

Lise Gloede, MS, RDN, CDE - Telehealth Provider

Nutrition Coaching, LLC

2517 N. Glebe Road

Arlington, VA 22207

703-516-4973

Email: Mynutritioncoach@yahoo.com

www.nutritioncoachlise.com

Areas of Specialty: Corporate Wellness, Diabetes, General Nutrition Wellness/Healthy Eating, Gluten Intolerant/Celiac Disease, Heart Health, Kidney and Renal Disease, Maternal/Pregnancy Nutrition, PCOS Nutrition, Vegetarian/Vegan Nutrition, Weight Management, Women's Health, Mindful Eating/Intuitive Eating
Provider for: Aetna, Cigna, Medicare, United

Nicole Hindle, RD, CPT - Telehealth Provider

NOVA Sports Nutrition, LLC

10560 Main St. , LL15

Fairfax, VA 22030

814-574-0910

Email: nikky@novasportsnutrition.com

www.novasportsnutrition.com

Areas of Specialty: Corporate Wellness, Eating Disorders, Fitness/Exercise, Sports Nutrition, Weight Management

Mary L. Hunt, MS, RDN - Telehealth Provider

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 Health, Vegetarian/Vegan Nutrition, Weight Management, Women's Health
Provider for: Aetna

Deborah Jeffery, RDN - Telehealth Provider

Fairfax Nutrition

11710 Plaza America Drive

Suite 2000

Reston, VA 20190

703-201-1184

Email: DJefferyRD@gmail.com

www.DeborahJeffery.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, Sports Nutrition, Vegetarian/Vegan Nutrition, Weight Management, Women's Health

Jennifer Lyons, RDN, CDE – Telehealth Provider

JenLyonsRDN

Alexandria, VA 22315

703-924-0430

Email: JennLLyons@yahoo.com

www.JennLyonsRDN.com

Areas of Specialty: Corporate Wellness, Diabetes, Fitness/Exercise, General Nutrition/Wellness/Healthy Eating, Heart Health, Kidney and Renal Diseases, Weight Management

Allison Miner, EdD, MS, RDN

The Smart Eater

215 Park Road

Alexandria, VA 22301

301-949-6234

Email: thesmarteater@gmail.com

<http://thesmarteater.com>

Areas of Specialty: Fitness/Exercise, General Nutrition Wellness/Healthy Eating, Heart Health, Kidney and Renal Diseases, Weight Management, Women's Health

Provider For: Medicaid, Medicare

Dori T. Mitchell, MS, RDN

Nutrition Communications Consultant and Freelance Writer

6712 N 27th St.

Arlington, VA 22213

703-534-4348

Email: dorimitchell3@gmail.com

Areas of Specialty: Cancer/Oncology Nutrition, General Nutrition/Wellness/Healthy Eating, Gerontology Nutrition/Elderly Nutrition, Nutrition Writing, Product/Recipe/Menu Development, Freelance Writer, Editor, and Consultant for nutrition education project development, recipe development, web and print communications for cancer prevention and survivorship resources.

Stephanie Mull, MS, RD, CSSD, CSCS - Telehealth Provider

Miller Method, LLC

Address: virtual

Phone: 703-244-3448

Email: steph@millermethod.com

<https://millermethod.com>

Areas of Specialty: Childhood Overweight/Obesity, Fitness/Exercise, Metabolic Measurements, Sports Nutrition, Weight Management

Theresa O'Donnell, RDN – Telehealth Provider

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, Childhood Overweight/Obesity, Corporate Wellness, Diabetes, Digestive Disorders, Eating Disorders, Fitness/Exercise, Food Allergies/Food Intolerances/Food Sensitivities, General Nutrition/Wellness/Healthy Eating, Gluten Intolerance/Celiac Disease, Home Health Care, 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

Provider for: Cigna

Languages: French

Ashley Palatiello, M.Ed, RD, LD, CEDRD - Telehealth Provider

Mood Balance Nutrition

1760 Reston Parkway, Suite 212
Reston, VA 20190

AND

7150 Heritage Village Plaza, Suite 201
Gainesville, VA 20155

703-852-9675

Email: Ashley@moodbalancenutrition.com

www.moodbalancenutrition.com

Areas of Specialty: Childhood Overweight/Obesity, Eating Disorders, General Nutrition/Wellness/Healthy Eating, Maternal /Pregnancy Nutrition, Pediatric Nutrition, Weight Management

Cindy Palmerino, MS, RDN, CLC - Telehealth Provider

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), General Nutrition/Wellness/Healthy Eating, Pediatric Nutrition, Sports Nutrition, Weight Management

Provider for: Aetna, BCBS, Cigna, Medicare

Sandra Pinney, MS, RDN, LD - Telehealth Provider

Pinney Davenport Nutrition

2440 M Street, NW Suite 411
Washington, DC

AND

4801 Wisconsin Ave NW, Suite 506
Washington, DC 20016

AND

1495 Chain Bridge Rd, Suite 202

McLean, VA 22101

202-997-6372

Email: sandra@pinneydavenport.com

www.pinneydavenport.com

Areas of Specialty: Eating Disorders, Fitness/Exercise, General Nutrition Wellness/Healthy Eating, Pediatric Nutrition, Sports Nutrition, Vegetarian/Vegan Nutrition

Shirley Scrafford, RD, CPC

My Chef Shirley, LLC

9016 Home Guard Dr

Burke, VA 22015

703-209-3919

Email: shirley@mychefshirley.com

www.mychefshirley.com

Areas of Specialty: Cancer/Oncology Nutrition, Culinary Nutrition, Diabetes, Food Allergies/Food Intolerances/Food Sensitivities, General Nutrition/Wellness/Healthy Eating, Gerontology Nutrition/Elderly Nutrition, Gluten Intolerant/Celiac Disease, Home Health Care, Personal Chef, Product/Recipe/Menu Development, Vegetarian/Vegan Nutrition

Carla Cardona Sidhu, MS, RDN, CPT - Telehealth Provider

Eat2Win Nutrition, LLC

404 N. Van Buren St

Falls Church, VA 22046

703-608-0280

Email: Carla@Eat2WinNutrition.com

www.Eat2WinNutrition.com

Areas of Specialty: Diabetes, Digestive Disorders, Fitness/Exercise, Food Allergies/Food Intolerances/Food Sensitivities, General Nutrition Wellness/Healthy Eating, Gluten Intolerance/Celiac Disease, Heart Health, Integrative and Functional Nutrition, Maternal/Pregnancy Nutrition, Metabolic Measurements, PCOS Nutrition, Sports Nutrition, Vegetarian/Vegan Nutrition, Weight Management, Women's Health

Provider for: Aetna, BCBS, Cigna, Medicare