

CONSULTING DIETITIANS IN THE TIDEWATER/HAMPTON ROADS AREA (in alpha order by city)

Valerie J. McCloskey R.D.  
In Home Nutrition, Inc.  
[inhomenutrition.com](http://inhomenutrition.com)  
[734 -756-7036](tel:734-756-7036)  
149 Pine Creek Drive  
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Insurance: Cigna, Aetna  
Renal, CKD education, Diabetes self management  
nutrition education, weight issues

Specialty: Weight loss; men's health; sports nutrition

Jill Weisenberger, MS, RD, CDE  
Yorktown, VA 23692  
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Specialty: Corporate consulting; speaking; freelance  
writing; nutrition analysis; recipe development;  
nutrition communications; PR; diabetes; weight mgmt;

Lucinda Moore, MS, RD  
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Hampton, VA 23666  
(757) 303-6403  
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Specialty: Diabetes; wellness; weight mgmt; menu  
planning; nutrition assessments at residential facilities

Sheila Bailey, RD, ACSM Fitness Specialist  
824 Etheridge Ave.  
Norfolk, VA 23502  
[wearefit@cox.net](mailto:wearefit@cox.net)  
[www.wearefit.net](http://www.wearefit.net)  
Specialty: Long term care; grocery store tours;  
cooking demos; public speaking; adult weight mgmt;  
exercise

Jean Maxwell, MS RD  
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Suffolk, VA 23434  
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URL: [www.maxwellnutritionsuffolk.com](http://www.maxwellnutritionsuffolk.com)  
Specialties: Weight management, diabetes, celiac  
disease, vegetarian/vegan

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260 Grayson Ave.  
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Specialty: Weight mgmt; disordered eating; sports  
nutrition; vegetarian; diabetes; HIV

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