

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

Kristine Rand, MSW, RD

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Specialty: Eating disorders; disordered eating; body dysmorphia

Mary Amabile, RD

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Specialty: Sports nutrition; personal training

Caren Frigge, MS, RD

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Specialty: Geriatrics

Lucinda Moore, MS, RD

11 Woodall Dr.

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Specialty: Diabetes; wellness; weight mgmt; menu planning; nutrition assessments at residential facilities

Christie Shield, RD

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Specialty: Long term care; renal nutrition

Gail Nilsen, RD

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Specialty: Long term care

Shirley Ortery, RD

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Specialty: LTC; CCRC; AL; behavioral health

Sheila Bailey, RD, ACSM Fitness Specialist

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Specialty: Long term care; grocery store tours; cooking demos; public speaking; adult weight mgmt; exercise

Shaye Arluk, MS, RD, HFI

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Specialty: Eating disorders; childhood obesity; sports nutrition; individual consulting and group lecturer

Lucinda "Lynn" Earle, MPH, RD

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Specialty: Weight mgmt; disordered eating; sports nutrition; vegetarian; diabetes; HIV

Jim White, RD, ACSM Health Specialist

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

Jill Weisenberger, MS, RD, CDE

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Specialty: Corporate consulting; speaking; freelance writing; nutrition analysis; recipe development; nutrition communications; PR; diabetes; weight mgmt;