

CONSULTING DIETITIANS IN NORTHERN VIRGINIA (alpha order by city)

Bonita Lillie, RD, LD

2121 Eisenhower Ave., Suite 200
Alexandria, VA 22314
(703) 519-0901

dieteticconsultants@cox.net
www.healthyeatinginva.com

Specialty: Healthy lifestyle; emotional eating; corporate wellness; pre-dialysis; pre-diabetes

Susan Berkow, PhD, CNS

1211 Tatum Drive
Alexandria, VA 22307
(703) 660-6556

susan@susanberkow.com
www.susanberkow.com

Elizabeth Holm, DrPH, RD

1707 Belle View Blvd., Suite B-2
Alexandria, VA 22307

emholm@verizon.net

Specialty: Eating disorders; compulsive overeating; childhood feeding; weight mgmt for all ages

Donna Robinson, MS, RD

6355 Walker Lane, Suite 303
Alexandria, VA 22310
(703) 644-4461

donnadiet@cox.net
www.donnarobinson.com

Specialty: Weight mgmt; diabetes; high cholesterol; digestive disorders; pediatrics; metabolic tests

Cheryl Harris, MPH, RD, LD

3345 Duke St.
Alexandria, VA 22314
(571) 271-8742

rd@eharrishome.com
www.harriswholehealth.com

Specialty: Celiac disease; gluten intolerance; food allergies; maternal infant health; breastfeeding; whole foods; weight mgmt

Lise Gloede, RD, CDE

1635 N. George Mason Dr., #485
Arlington, VA 22205
(703) 516-4973

MyNutritionCoach@yahoo.com
www.nutritioncoachlise.com

Specialty: Diabetes; vegetarian; women's health; prenatal nutrition; cardiovascular; weight mgmt

Zeina Hamra, RD

1625 N. George Mason Dr., Suite 334
Arlington, VA 22305
(703) 717-4253

zhamra@virginiahospitalcenter.com
www.surgicalassociatesVHC.com

Specialty: Pre/post bariatric surgery; weight loss; diabetes; heart disease; sports nutrition

Sue Saunders, MS, RD, LD

1200 N. Herndon St., Suite 158
Arlington, VA 22201
(703) 992-5227

sue@championshipnutrition.com
www.championshipnutrition.com

Specialty: Sports nutrition; weight control; oncology; celiac disease

Susan Moore, MS, RD

1200-610 South Arlington Ridge Rd.
Arlington, VA 22202
(703) 209-3334

susanmoorerd@gmail.com
www.susanmoore.com

Specialty: Disordered eating; weight mgmt; irritable bowel syndrome; food sensitivities

Jennifer Haas, MS, RD

21785 Filigree Court, Suite 100
Ashburn, VA 20147
(703) 554-1100 ext 373

jhaas@novamedgroup.com
www.novamedgroup.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

Mary Beth Sandala, RD, LD

11 Good Shepherd Rd.
Bluemont, VA 20135

mbsandala@aol.com

Specialty: Long term care; skilled nursing facilities

Debbie Schmidt, RD

Centreville, VA 20120
(703) 867-8468

debbie@healthehabits.com
www.healthehabits.com

Specialty: Nutrition for all ages; grocery shopping; insulin resistance; weight control; cardiovascular; hypertension; group classes and workshops

Anu Kaur, MS, RD

25702 S. Village Dr.
Chantilly, VA 20152
(703) 880-5469

Anu@AnuHealtyYou.com
www.ANuHealthyYou.com

Specialty: Wellness; integrative medical nutrition therapy; vegetarian; weight loss; women's health; cancer prevention

Kathy Glazer, MS, RD, LD

7205 Idylwood Ct.
Falls Church, VA 22043 &
3 Washington Circle, NW
Washington, DC 22037
(571) 213-1988

KglazerRD@aol.com

Specialty: Weight control for all ages; cardiovascular; hypertension; high cholesterol; diabetes; health and wellness lectures

Nancy Z. Farrell, MS, RD

Farrell Dietitian Services, LLC
231 Park Hill Dr, Ste A
Fredericksburg, VA 22401-3361
(540) 479-3404

nancy@farrelldietitian.com
www.farrelldietitian.com

Specialty: Allergies, Cardiovascular Disease, Celiac Disease, Childhood Obesity, Digestive Disorders, Diabetes, Eating Disorders, Gerontology, Lactation, Maternal nutrition, General nutrition/wellness, Oncology, Pediatric Nutrition, Sports Nutrition, Vegetarian nutrition, Weight Control. Group and individual consultation; programs; workshops.

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

1101 Sam Perry Blvd., Suite 401
Fredericksburg, VA 22401
(540) 368-5342

JMHoppe2@msn.com

www.Prattmed.com

Specialty: Diabetes; eating disorders; weight mgmt

Sheree Hughes, RD

704 South King St., Suite 1
Leesburg, VA 20175
(703) 727-6100

shughesrd@hotmail.com

Specialty: Pediatrics only – GI; allergy; FTT; GT/NG tubes and weaning

Amy Johnson, RD, CDE

207 Magruder Place
Leesburg, VA 20175
(571) 228-7353

www.Mydietitianamy.com

Specialty: Weight loss; high cholesterol

Stephanie Mull, MS, RD, CSSD

Leesburg, VA
(703) 244-3448

stephanie@smullnutrition.com

www.smullnutrition.com

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

Roseleen Allen, MS, RD, CDE

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

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

Paula Payne, MS, RD

P.O. Box 283
Marshall, VA 20116
(540) 364-0153

piedmontrd1@yahoo.com

Specialty: Weight mgmt; eating disorders; diabetes; will make house calls

Barbara Rovner, MEd, RD

2429 Ansdel Ct.
Reston, VA 20191
(703) 476-5336

blrovner@aol.com

Specialty: Save Serv Certification – Instructor Certification

Linda Hansen, RD, CDN

Spotsylvania, VA 22553
(540) 898-2026

LindaK1975@aol.com

Specialty: Geriatrics

Donna Howard, RD

10813 Millridge Lane
Spotsylvania, VA 22553
(540) 809-6005

higher_ground_farm@hotmail.com

Specialty: Long term care and Assisted Living communities

Nicole Brown, MS, RD, LD, ACSM HFI

6305 Cardinal Place
Springfield, VA 22152
(703) 969-6114

nutrition_fitness@verizon.net

Specialty: Cardiovascular; hypertension; childhood obesity; diabetes; exercise prescriptions; fitness evals; wellness; metabolic measurements; pediatrics; sports nutrition; weight mgmt

Pat Compton, RD

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

comptonp@comcast.net

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

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
(703) 504-8702

www.EatandBwell.com

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

Judy Caplan, MS, RD

Nutrition Ammunition
131 Church St., NW
Suite #5

Vienna, VA 22180

(703) 758-2399

judycaplan@gobefull.com

<http://www.gobefull.com>

Specialty: Individual counseling for prevention and treatment of overweight, obesity, and accompanying medical issues. Corporate wellness programs, menu planning, school nutrition programs, and seminars and workshops on health promotion.

Rima Kleiner, MS, RD, CLT

Vienna, VA
(703) 877-9339

rima@kleinernutrition.com

www.kleinernutrition.com

Specialty: Weight mgmt; food sensitivities; fertility and maternal nutrition; celiac disease; executive health and corporate wellness

Ann Bailey RD, Certified LEAP Therapist

Woodbridge, VA 22191
(703) 490-6402

baileyaa@comcast.net

Specialty: Food allergies & sensitivities; wellness; weight mgmt; dietary component of ADHD mgmt