

Rebecca Miller, MPH, RDN, LDN

Rebecca works Ochsner's Medical Fitness Referral Program to provide individualized nutrition plans and recommendations. Additionally, she works with clients within the personal training department to provide performance fueling nutrition. Rebecca also works with Ochsner's [Eat Fit NOLA](#) restaurant partnership and provides recipe analysis for restaurants and coffee shops. You can also find her at our monthly cholesterol screenings or conducting nutritious Lunch and Learns for businesses throughout the city.

Rebecca writes a monthly editorial in [Health and Fitness Magazine](#) where she provides the latest tips and recommendations on common nutrition-related questions and topics. She also writes her own blog called [Twisted Nutrition](#) where she shares nutritional struggles, strategies, and healthier recipes! She also conducts cooking classes with Whole Foods and has been featured in the Academy of Nutrition and Dietetics' Food and Nutrition Magazine. She has appeared on local television and radio stations including WWL Channel 4 and Fox 8 to provide the latest information on emerging nutrition topics.

If you like to learn more or would like to set up an appointment, Rebecca can be reached at remiller@ochsner.org or 504-842-9551.