

Alexis Weilbaecher, RD, LDN

Ochsner Fitness Center

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My passion is connecting with clients, working closely with them to optimize their diets to improve whole-body wellness.

My area of specialty is food sensitivities and food allergies, though I work with a wide variety of health issues, ranging from weight loss, diabetes, inflammatory disorders, low energy, to family nutrition counseling, developing customized nutritious meal plans tailored to meet individual preferences.

Other services available include Metabolism Testing (Resting Energy Expenditure using a Body Gem), Body Composition Analysis (via InBody), Cholesterol & Glucose Testing, and offer Metagenics medical food products, including our 10-Day Detox.

I provide FDA-compliant recipe analysis for restaurants, school lunch menus, or cookbooks, as well as for your own homemade favorite recipes. I work closely with Ochsner's Eat Fit NOLA, a free restaurant partnership that highlights the better-for-you items right on the menu to make choosing a dish effortless while staying nutritious.

For more information on services, or to schedule an appointment, contact Alexis at 504.736.4755 or aweilbaecher@ochsner.org.