



BLUE RIDGE HEALTH:

Nutrition Services

BRCHS.com/services/nutrition-services

MEET THE NUTRITION TEAM

Let our expert team help you create a healthy lifestyle and recommend nutritious foods to boost your immune system, mood, energy, and overall health.



Cyndi Pittman
MA, RDN, LDN, CEDS
Lead Dietitian
Disordered Eating



Carrie Elmore
MS, RDN, LDN, CDCES
Diabetes Education



Veronica Garcia
MS, RDN, LDN



Morgan Jutras
MDA, RDN, LDN, CSDH



Jennifer McDonald
RDN, LDN, CDCES
Pediatrics
Diabetes Education
Renal



Diana Popko
MS, RDN, LDN

We know nutrition is specific to each individual, which is why all of our appointments include personal evaluations and goal-setting with your priorities in mind.

Come see us for questions and concerns relating to:

- Diabetes and DSMES support
- Diabetes prevention
- Disordered eating
- Malnutrition
- Cholesterol
- GI issues, like Crohn's Disease
Irritable Bowl Syndrome (IBS)
and Ulcerative Colitis
- Eating healthfully on a budget
- Nutrition during pregnancy
- Changes in weight
- Children with special healthcare needs
- Picky eating
- And more!

Contact Nutrition Services

Phone: 828.233.2291 Fax: 828.233.2248