



# LAUREN HULIN, RD, LDN

## LIFESTYLE + WELLNESS DIETITIAN

### **FUN FACT:**

I cheered for the New Orleans Saints as a Saintsation for 4 seasons! I love to travel and have two pets named Tater and Tulsi.

### **Education:**

Louisiana State University  
BS in Nutritional Science and Dietetics

Tulane University School of Public Health  
Dietetic Internship

### **Certifications:**

Registered Dietitian Nutritionist  
Louisiana Licensed Dietitian Nutritionist

### **Favorite Food(s):**

All of the above!

### **Contact:**

Email: [Lauren.Hulin@ochsner.org](mailto:Lauren.Hulin@ochsner.org)  
Phone: 504-703-9088  
To Schedule: [nutrition@ochsner.org](mailto:nutrition@ochsner.org)

### **EXPERIENCE:**

Lauren has appeared on WWLTV, FOX 8, and Great day Louisiana. She is a member of KINE industry board at Tulane University, and a Healthy for life facilitator with American heart association. She has done countless presentations including being a key note speaker at Benchmark hospitality conference. Her zest for life and passion for helping others shines in everything that she does.

### **Specialties:**

- Motivational Interviewing
- Nutritional Analysis
- Group Presentations
- Performance Fueling
- Weight Loss
- Weight Management

### **Wellness Blog:**

- My wellness blog talks about faith, food and fitness: [livewellwithlauren.com](http://livewellwithlauren.com)