



LAUREN HULIN, RD, LDN

LIFESTYLE + WELLNESS DIETITIAN

FUN FACT:

Lauren cheered for the New Orleans Saints as a Saintsation for 4 seasons! She loves to travel and has 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
Certified LEAP Therapist

Favorite Food(s):

All of the above!

Contact:

Email: Lauren.Hulin@ochsner.org
Phone: 504-703-9088
To Schedule: 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. Lauren loves working one on one with her clients encouraging them to live their best lives imaginable. Her zest for life and passion for helping others shines in everything that she does.

Specialties:

- Motivational Interviewing
- Group Presentations
- Performance Fueling
- Weight Loss
- Weight Management
- Food Sensitivity Testing
- Disease Management
- Intuitive Eating

Wellness Blog:

- Feeding the body and soul and My wellness blog discusses faith, food and fitness: livewellwithlauren.com