

Julie Nieto, RD, LDN

Eat Fit NOLA Operations and Marketing Specialist | Ochsner Fitness Center

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As Operations & Marketing Specialist for Ochsner Eat Fit, Julie works closely with local restaurants to identify and create Eat Fit-approved menu items that meet the nutritional criteria of the Eat Fit program, making it possible to dine out healthfully any time, any place.

A registered dietitian with years of experience in health education, counseling and promotion throughout greater New Orleans area, Julie is passionate about improving the lives of the New Orleans through healthy eating projects and events. Her mission is to maximize the benefits and exposure for restaurants who are already part of the Eat Fit community, and continue to increase the number of Eat Fit partners throughout the city, region, and state.

For more information about Eat Fit NOLA and the Ochsner Eat Fit initiative, please visit EatFitNOLA.com and follow Eat Fit NOLA on Facebook, Twitter, and Instagram.