



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 Tuli.

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
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. 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