



ALEXIS WEILBAECHER, RD, LDN, CLT

LIFESTYLE + WELLNESS DIETITIAN

FUN FACT:

Although I'm not the best cook, I LOVE doing recipe analysis for restaurants and cookbooks.

Education:

Louisiana State University:
Bachelor of Science in Dietetics
Louisiana Tech University:
Dietetic Internship

Certifications:

Registered Dietitian Nutritionist
Louisiana Licensed Dietitian Nutritionist
Certified LEAP Food Sensitivity
Therapist

Favorite Foods:

Fajitas, Sushi, and Peanut Butter

Contact:

Email: Aweilbaecher@ochsner.org
Phone: 504-736-4755
To Schedule: nutrition@ochsner.org

EXPERIENCE:

Alexis landed her dream job as a Registered Dietitian after attending LSU. She has been practicing under Ochsner Health for nearly two decades, working specifically at Ochsner Fitness Center. She has incredible passion and connects with patients on a unique and personal level. She'll work to optimize your diet, and improve overall wellness. She will also make sure you accomplish this while having fun too!

Specialties:

- Performance Fueling
- Weight loss
- Weight management
- Family nutrition counseling
- Food sensitivities
- Food allergies
- Inflammatory disorders

Favorite things about your field:

- I love seeing my patients progress and really enjoy making positive lifestyle changes.
- Seeing a smile on their face after being committed to these changes is truly the highlight of my job.