



Joanna Eaton has been a Registered Dietitian since 2011, and has experience providing nutrition counseling to patients with a wide variety of health issues including weight management, diabetes, Celiac disease, IBS, food intolerances and allergies, acid reflux, chronic constipation, and other gastrointestinal symptoms.

Joanna obtained her Bachelor of Science in Nutrition Science at Russell Sage College, and completed her dietetic internship at Sage Graduate School and Albany Medical Center in Albany, NY. Joanna completed a Master of Science in Public Health, with a concentration in Health Education and Health Communication, at Johns Hopkins Bloomberg School of Public Health in Baltimore, MD. Joanna also has a Certificate in Adult Weight Management from the American Association of Nutrition and Dietetics, and is a Certified Diabetes Educator.

Joanna provides medical nutrition therapy to help patients improve their gastrointestinal symptoms, achieve an optimal weight, manage chronic diseases, and improve their quality of life. Medical nutrition therapy (MNT) is a therapeutic approach to treating medical conditions and their associated symptoms via the use of an individualized, evidence based nutrition treatment plan, created and monitored by a registered dietitian or a physician.

Lifestyle and diet changes can be hard. Through one on one nutrition counseling, Joanna helps each patient create an individualized action plan to put nutrition recommendations into practice on a daily basis. Joanna is passionate about equipping people with the skills they need to cook, shop and eat right in order to optimize their health.

When Joanna isn't working with patients, she enjoys experimenting in the kitchen and hitting the trails.