

Laura Jameson, Registered Dietician
Phone: 636.887.3931
Email: ljameson@compasshn.org

Laura Jameson is a Registered Dietitian Nutritionist who works with people of all ages to help them realize their health goals through nutrition. Laura's nutrition philosophy is one that looks at the total person to focus not only on food intake, but also lifestyle and prevention. She works closely with various caregivers, such as MDs and nurses, to form a healing team that addresses the needs of the whole person. Laura believes in helping you develop a realistic idea of what healthy eating means for you as an individual and focuses on foods that you can eat; not just restricting foods. She makes these recommendations all while remaining budget friendly. Laura received her Bachelor of Science from Southeast Missouri State University and completed her Dietetic Internship with Saint Louis University in 2009.



DIETITIAN SERVICES



For Information, please call:
844.853.8937
compasshealthnetwork.org





1 You have diabetes, cardiovascular problems, or high blood pressure.

An RDN serves as an integral part of your health-care team by helping you safely change your eating plan without compromising taste or nutrition.

2 You need to gain or lose weight for your health.

An RDN will assess your current intake and eating routines to help you find a sustainable way to adjust your intake to reach your goals.

3 You want to eat smarter.

An RDN can help you sort through nutrition misinformation; learn how to read food labels; discover that healthy eating is affordable; learn how to dine out in alignment with your goals; and learn how to eat well despite time and stress.

Five Reasons to Consult with a Registered Dietitian Nutritionist (RDN)

4 You or your child has disordered eating patterns or beliefs about food.

An RDN can assist with disordered eating, anorexia, bulimia, and binge eating disorder. All nutrition counseling is in the spirit of body positivity and to help foster a healthy relationship with food and self.

5 Food plays a role in everyone’s life! Other reasons to see an RDN include if you have digestive problems, have had bariatric surgery, food allergies, you are pregnant or breastfeeding, have an increased appetite from medications, or looking to improve your sports performance.

