



Linda R. McLachlan, MA, RD, CDN



Linda is the founder and director of Nutrition Matters, LLC. She has an Associates degree in Business Management, a Bachelors Degree in Dietetics and a Masters degree in Nutrition Education. She has been involved in research on metabolic syndrome and diabetes. She has shared her talents with the community on numerous occasions lecturing on Women's Health, Prevention and Treatment of Osteoporosis, and Healthy Eating for Children to name a few.

Her experiences through the years vary from Director of a hospital Foodservice Department, Clinical Dietitian, and Nutrition Education Consultant for many fortune 500 companies. She was the 2004 Speaker for the NJ State Association of Occupational Health Nurses Annual Meeting. Linda was a key member of the design and implementation of Sodexo's exclusive wellness program. For many years, Linda was a certified instructor with the National Restaurant Association teaching their Serve Safe certification program throughout New York and New Jersey.

She has written articles for several different health and wellness websites and is a regular contributor to Fitness magazine online, DietingPlans.com and RestaurantEdge.com. Additionally, Linda has responded to on-line chats in the "Chat with a Dietitian" section of dietingplans.com.

Her extensive background in food, nutrition and finance blends well with Linda's passion for coaching individuals to make healthy lifestyle changes.

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