

Alisa Dodds

Senior Lecturer in Health and Human Sciences at Loyola Marymount University

Los Angeles, CA, US

Seaver College of Science and Engineering

Biography

Email: Alisa.Dodds@lmu.edu Alisa Dodds is a Registered Dietitian Nutritionist and a Senior Lecturer in the Department of Health and Human Sciences of the Frank R. Seaver College of Science and Engineering. After graduating with her Master's degree in Nutritional Science she began working as a Clinical Dietitian providing Medical Nutrition Therapy to hospitalized patients. She worked with medical staff to support patients living with a variety of diseases and illnesses ranging from diabetes, heart and kidney failure, to gastrointestinal ailments and cancer. Alisa is a weight-inclusive dietitian who believes health and wellness is more nuanced than simply counting calories, macronutrients, or tied to a number on the scale. In addition to her work with college students, she provides nutritional counseling to clients using a behavioral approach based on the principals of Intuitive Eating and Health at Every Size® (HAES®). Her work with students and clients alike, helps to cultivate a healthy relationship with food and body, separate from size. You can learn more about Alisa's work at: www.alisadodds.com

Industry Expertise

Health and Wellness, Education/Learning

Areas of Expertise

Nutrition Counseling, Intuitive Eating, Nutrition Science, Health at Every Size, Recovery from Chronic Dieting, Nutrition & Disease Prevention, Nutrition & Wellness, Medical Nutrition Therapy, Childhood and Family Nutrition, Wellness and Health

Education

University of California, Santa Barbara

B.A. Psychology with a Minor in Exercise Health Science

California State University, Los Angeles

Master of Science Nutritional Science

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