



Rebecca Blake, M.S., RD, CDN

**Founder & CEO
Rebecca Blake Nutrition
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Rebecca is a registered dietitian/nutritionist and clinical nutrition subject matter expert committed to learning, counseling, and teaching sound nutrition science to a wide audience. With two decades of experience in health care and health technology, she now devotes her time to her nutrition private practice, where she helps people build healthy relationships with food and their bodies. Using principles of mindful and intuitive eating, rooted in whole foods-based meals, she guides her clients through their health journeys with the overarching idea that food is meant primarily as fuel, but should also be immensely pleasurable. Rebecca helps clients connect with their body's internal wisdom, freeing them from the obsessiveness of traditional diet culture, while meeting their health and weight goals. She considers the relationships she builds with clients as essential to the healing process, and approaches each client encounter with curiosity, positivity, and often humor.