

Amy Jaffe, MS,RD,LD

Description:

Amy Jaffe is a nationally registered, state licensed nutrition professional. She has been practicing in the field of nutrition for over 20 years, specializing in eating disorders and weight-related issues. She has provided numerous presentations and interviews locally and nationally, on radio, tv and print media. She also teaches nutrition counseling and communication skills classes and is the Director of the Graduate Dietetic Internship Program at Florida International University in Miami. She is co-author of the published textbook, "Nutrition Counseling and Communication Skills", used in universities to train nutrition students. "My approach is highly individualized, holistic and my style is to collaborate with clients rather than dictate to them using a nondiet approach and philosophy."

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