

One LLC

Description:

Erin Spotte has been a registered and licensed dietitian/nutritionist since 2001 and is a graduate of the University of Wisconsin-Madison and the University of Delaware Dietetic Internship. Over the years, Erin has provided nutrition counseling in multiple areas including oncology, cardiovascular disease, diabetes, nephrology, gastric bypass surgery, pediatrics, & weight management. Since 2003, Erin has been working with the non-diet approach to weight management to advise individuals with eating disorders, formerly at both the Center for Eating Disorders at St. Joseph Medical Center and Sheppard Pratt Health System in Towson. She holds a Certificate in Training in Child and Adolescent Weight Management and is a member of the American and Maryland Dietetic Associations, as well as the Eating Disorder Consortium of Baltimore. Erin provides individual and/or group counseling for the following:

- Anorexia Nervosa
- Bulimia Nervosa
- Compulsive Eating
- EDNOS
- Weight Management

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