

Allison B. Shudnow MS, RD, LDN

Description:

Allison Shudnow MS, RD, LDN received her Bachelors Degree in Food Science and Human Nutrition- Dietetics from the University of Illinois at Urbana-Champaign. Allison then underwent her Dietetic Internship at the Bronx Veterans Affairs Medical Center while completing her Masters in Clinical Nutrition at New York University. Allison is currently employed at Alexian Brothers Behavioral Health Hospital as the Outpatient Eating Disorder Dietitian; thus, Allison is able to accommodate clients with evening appointments. Allison provides nutrition counseling using Cognitive Behavioral Therapy techniques to aid clients in challenging their eating disorder thoughts/behaviors around food while attaining a healthy weight.

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