

Lauren Talbert, RD, CSO, LDN
Rhode Island
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Lauren Talbert RD, CSO, LDN is registered by the Academy of Nutrition and Dietetics and licensed by the State of Rhode Island. Lauren has a Bachelor of Science degree in both dietetics and food and nutritional science from the University of Vermont. She completed her dietetic internship at the Dana Farber Cancer Institute and Brigham and Women's Hospital in Boston. Lauren is one of four board-certified specialists in oncology nutrition in Rhode Island. To become a CSO, registered dietitians must successfully meet strict requirements and pass a national exam. Currently she works as the oncology dietitian for the program in women's oncology at Women and Infants hospital; she has been in this position for twelve years. Lauren is a member of the Partnership to Reduce Cancer in Rhode Island's Coalition. She is also an oncology rehab STAR certified clinician. Lauren presents to a wide array

of audiences including medical professionals, oncology patients and family as well as the community. Lauren offers individualized counseling based on each patient's lifestyle, food preferences and nutrition goals.

Lauren speaks on topics such as:

- Nutrition recommendations for cancer prevention
- Nutrition goals during chemotherapy and radiotherapy
- Nutrition for cancer survivorship
- Nutrition for cancer prevention in the BRCA positive populations
- Superfoods: out sidekicks to help fight cancer
- Breast cancer survivorship nutrition
- Evidence vs Belief: debunking oncology nutrition myths
- Healthy eating on a budget
- Plant based diet planning
- Going further with food: tips to reduce food waste while eating healthy
- Healthy eating during the holidays
- Eating well with less: Tips to save time, money and stress