



NUTRITION & DIABETES EDUCATION DEPARTMENT AT PROVIDENCE SAINT JOHN'S HEALTH CENTER

A group of registered dietitians and nationally certified diabetes educators make up Providence Saint John's Nutrition and Diabetes Education Department. Together, they work with you to develop an individualized care plan that fits your lifestyle and can help you successfully reach your nutrition goal. Our team includes:

ANABELLE AHDOOT, MS, RD, CDE



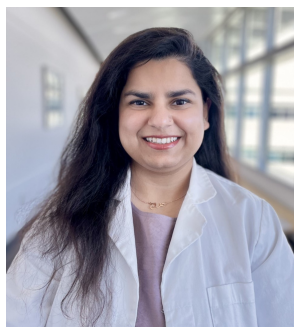
Anabelle Ahdoot has been a registered dietitian and Certified Diabetes Educator at Providence Saint John's Health Center since 2014. Anabelle and her team of highly skilled registered dietitians work with clients 1:1 to address a variety of nutrition needs and have additional experience with bariatric nutrition, weight management, oncology nutrition, diabetes management and gastrointestinal health.

Anabelle holds a master's degree in family and consumer sciences from California State University, Northridge. She approaches all her clients in a respectful, nonjudgmental and empathetic manner and treats everyone as individuals with their own unique stories and needs.

Her focus is on exploring reasons for change, building lifestyle skills and supporting client-driven goals. Anabelle helps her clients move away from the traditional "dieting/quick fix" mentality toward more sustainable "lifestyle" modifications by facilitating the natural processes of behavior change using that individual's unique perspective toward food and selfcare.

She believes that the emotional and physical welfare of each client is critical. Anabelle's unique approach helps her clients discover their own health identities and get to the root of their problems in order to build a stronger, healthier, more manageable relationship with food. Her clients find her flexible and skill-based approach beneficial in achieving their goals in a way that is personalized, realistic and sustainable for lifelong changes.

UROOJ RIAZ, RD



Urooj Riaz is a registered dietitian with experience in both inpatient and outpatient nutrition. She graduated from University of Illinois at Chicago with a bachelor's degree in nutrition science. Urooj's passion for nutrition stems from her interest in how food and nutrition can help prevent chronic diseases.

She has extensive clinical experience in oncology, weight management, bariatric surgery, diabetes and gastrointestinal diseases. When not working, Urooj can be found watching a crime docuseries, taking a stroll by the beach or traveling and visiting family.



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ASHLEY SALAZAR, RD



Ashley Salazar is a registered dietitian who has experience in both inpatient and outpatient nutrition clinical care. She graduated magna cum laude from Pepperdine University with a bachelor's degree in nutrition and dietetics. She is a member of the Academy of Nutrition and Dietetics and is bilingual in English and Spanish.

Her mission as a dietitian is to re-shape eating habits and empower patients through nutrition counseling to optimize their long-term health in a sustainable way. Her interests are in intuitive eating, individualized nutrition therapy for cancer patients as well as other coinciding comorbidities, management of nutrition-related side effects of gastrointestinal surgery, chemotherapy and radiation therapy. She also enjoys advocating for a plant-based, nutrient-dense, whole food plans.

When she is not seeing patients, you can find her developing recipes, shooting cooking videos at home and trying new restaurants in Los Angeles.

EMMA VEILLEUX, RD



Emma Veilleux has been a practicing registered dietitian for more than 10 years with experience in both acute and long-term care, as well as in the outpatient setting. She graduated from the University of Maine with a bachelor's degree in human nutrition and dietetics and completed her training as a dietitian at California State University, Long Beach.

She specializes in nutrition therapy for weight control, cardiac health and cancer prevention and treatment. Emma is a huge foodie and enjoys spreading her enthusiasm for plant-based nutrition with her patients by encouraging them to get creative in the kitchen. In her spare time, she enjoys trying out the many vegan restaurants that Los Angeles has to offer.



For more information, please contact the Outpatient Nutrition and Diabetes Education Department at 310-829-8889.