

Amy Gross, MPH, RD, LDN, IBCLC

Registered Dietitian



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Profile

Amy understands that nutrition is not a one-size-fits-all field. She works with individuals and families to determine the best approach to your unique nutritional concerns. She can help you discover flavorful, nutritious foods that work within your life and budget. She also understands that no step is too small on the path to a healthier you.

With her background in science and public health, Amy can confidently translate the intricacies of nutrition science into lasting lifestyle changes that will help you achieve and maintain a healthier lifestyle. Amy has worked closely with people from all stages of life and can help you improve your relationship with food. She believes in the healing power of food, not in counting calories.

Education

- BS, Chemistry, University of Michigan
- MPH, Human Nutrition, University of Michigan School of Public Health