

Sheryl Gray, MS, RDN, LDN

Registered Dietitian



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Profile

Sheryl is a registered and licensed Dietitian/Nutritionist and a longtime member of the Academy of Nutrition and Dietetics. Her special interests are Diabetes, Weight Management/Eating Disorders, Gastrointestinal disorders and Sports Nutrition. Sheryl designs a personalized approach to healthy eating for each patient. She does this through a balance of nutrition education, behavior modification and emotional support. Sheryl believes that making eating fun, flexible and more satisfying leads to a happier, healthy life- And the best diet is the one you can stick to!

Sheryl has been asked to speak at numerous conferences and seminars. She coauthored five nutrition publications and has given the nutrition address at the contestant dinner preceding the Chicago Marathon. She has extensive experience working with numerous medical practices on the North Shore.

Education

- B.S. Nutrition and Dietetics, University of Arizona
- M.S. Nutrition and Counseling, University of Arizona