

Trishna Joshi, RD

Registered Dietician



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Profile

Trishna is a Registered & Licensed Dietitian Nutritionist. She completed her dietetic internship with the Florida Department of Health in Miami, FL with a focus on clinical practice, food service and community health. Spanning her career she has served as consultant for a wide range of individuals striving to improve their health and diet, ranging from low-income families and underprivileged infants to international business professionals and celebrities. She has collaborated with numerous health professionals to ensure the optimal outcome for every patient. Her work thus far has been a culmination of experiences full of learning, meeting new people and staying up to date on the latest nutritional studies and guidelines.

She is passionate and committed to helping individuals and communities improve their health by creating and implementing programs to foster healthy lifestyles. She has been afforded opportunities to build relationships with local and national leaders in the field of nutrition along with the privilege of being exposed to conventional and alternative medical fields contributing to her deep understanding of the real benefits of proper diet and nutrition intervention. Trishna believes in longterm lifestyle transformation and individualized goals and plans.

Education

- BS, Dietitics and Nutrition, Florida International University in Miami, FI
- Dietetic Intership, Florida Department of Health in Miami, FI