

# ANDI HOLYFIELD

## Eat to Lose Registered Dietitian

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Andi Heller Holyfield is a registered dietitian with the American Dietetic Association in private practice in Monroe who specializes in bariatric diet plans, weight management, diabetic diets, cardiac diets, eating disorders and group diet plans. She is the author of *Eat To Lose Post Bariatric Diet*, available on Amazon in paperback, Kindle and e-Book. Andi received her Bachelor of Science from Louisiana Tech University in Nutrition and Dietetics. Upon graduation, she worked as a clinical R.D., LDN at St. Francis Hospital and P&S Surgical Hospital for 7 years and then started her own business. She is the owner of Eat to Lose, which specializes in bariatric diet plans, customized diet plans, eating disorders, group weight loss classes and sports nutrition. They offer one-on-one consultations, corporate programs, seminars and classes with tech support. "This is the best job!" said Andi. "I get to help clients decrease obesity-related medications and it is so rewarding. And it isn't just adults. I am getting to see kids grow with more confidence and transform right in front of my eyes. Eat to Lose is a six-week weight loss program for children and adults that is personalized to suit your individual lifestyle and authentic food cravings. This successful, customized program educates patients to make informed choices, understand nutrition labels, enjoy their favorite restaurants, consider portions, and manage food cravings. With over seventeen years of expertise, Andi has assisted countless adults and children to develop lasting, healthier eating habits. Whether the goal is to reduce the risk of heart disease, lose weight, or so simply make more nutritious choices, Eat to Lose works. The program not only helps patients to meet their own personal goals, but can also reduce medications associated with diabetes, high blood pressure, high cholesterol and reflux.

Andi offers corporate wellness diet plans where employees can participate in groups and individually through live webinar and computer applications. Businesses that participate encourage their employees to live a healthier, more productive lifestyle in the office and beyond and can provide incentives for employees to achieve results.

Andi resides in Monroe and is married to her husband, Chris Holyfield. They have three children and a grandson that they adore. She enjoys jogging, playing tennis and finding other ways to stay active and healthy. She recently ran the St. Jude's half marathon, a combination of being active and giving back, both of which Andi is truly passionate about!



TOP NUTRITIONIST 