

Meet Your Dietitian

Laura Jacob, MS, RD, LDN



I believe my biggest strength as a dietitian is not just in educating my patients, but in listening and asking questions to help them decide where they can make changes to improve their health in a way that fits into their lifestyle. I try to learn not just what a person is eating, but why, because knowing why is important in helping them make positive changes.

Why I Became a Medical Provider

In my early teens I read an article about 'holistic health,' and it really struck a chord with me. I love the idea of being in your best possible health and staying that way through food, being physically active, life balance, and spending time enjoying nature. I also learned to love food and cooking from spending time in the kitchen with my mom from a very young age. She was a great cook and baked excellent bread, and she didn't mind if I was covered head-to-toe in flour!

Education

Master of Science in Family and Consumer Sciences, Dietetics Option from Eastern Illinois University in Charleston

Board of Trustees Bachelor of Arts from Eastern Illinois University in Charleston

Certification

Registered Dietitian Nutritionist; Licensed Dietitian Nutritionist; Certificate of Training Adult Weight Management; Nutrition Education Specialist

Professional Memberships

Academy of Nutrition and Dietetics; Diabetes Care and Education Dietetic Practice Group of the Academy of Nutrition and Dietetics

Dietitian

As a registered dietitian, Laura specializes in personal nutritional counseling for people with diet-related health conditions and those interested in health promotion and disease prevention.

I love walking in all of the beautiful parks we have in this community, hiking in nearby state parks, and kayaking. I enjoy getting together with my son (when he has time!), having dinner, and playing a board game.



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