CANCER DIETITIAN

ABOUT JULIE LANFORD, MPH, RD, CSO, LDN

A registered dietitian, licensed nutritionist and board-certified specialist in oncology nutrition, I have over 15 years of experience working in oncology.

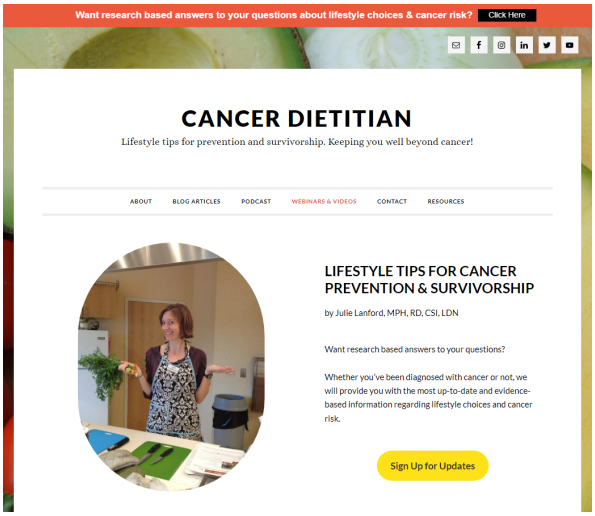
My passion is wellness for cancer prevention and survivorship, and I specialize in making healthy living fun. I love working as the Wellness Director for Cancer Services, a non-profit in Winston-Salem, NC.

I enjoy time away from work with my personal "circus" – a husband, 11-year-old daughter, 5-year-old son and a lively beagle.

ABOUT THE BLOG

I developed CancerDietitian.com in 2007, a healthy living website for Cancer Services that translates evidence-based nutrition guidelines into consumer-friendly messages for everyday life.

The site reaches thousands of people across the country who are interested in cancer nutrition and the most current topics on healthy lifestyle in our culture.



ABOUT THE PODCAST

I launched the Cancer Dietitian Podcast in 2018 in response to commonly asked questions surrounding nutrition topics. The podcast offers a no-nonsense approach and discusses the topic of nutrition from a whole person perspective.

I share practical, evidence-based nutrition information to assist you in making your own choices around food and to help lower the anxiety around those choices.

CANCER SERVICES
CANCERDIETITIAN.COM
podcast
with Julie Lanford, MPH, RD, CSO, LDN

5,000+
Unique Visitors per month

11,500+
Page views per month

6,475 6,100 2,450 1,175

PROFESSIONAL CREDENTIALS

I provide prevention and survivorship education to a variety of audiences. I have been the cancer nutrition speaker for national conferences including Living Beyond Breast Cancer, Stupid Cancer, as well as speaking at state-wide and local events. I am an active member of the Oncology Nutrition Practice Group of the Academy of Nutrition and Dietetics. *You can find a full list of my speaking experience on CancerDietitian.com.*

I received a B.S. in Biology from North Carolina State University and a masters degree in public health nutrition from The University of North Carolina at Chapel Hill. My professional experience prior to Cancer Services includes nearly three years as an outpatient oncology dietitian, and nutrition education for diabetes, cholesterol and weight management.

Board Certified Specialist CDR Oncology Nutrition™

Oncology Nutrition
a dietetic practice group of the
eat right. Academy of Nutrition and Dietetics

CONTACT ME

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WHAT PEOPLE ARE SAYING

Although I've been an RD for quite a while having worked in oncology for several years after graduating and again now at a cancer center, being able to easily refer to a site such as yours for confirmation as an educated professional that what I'm telling patients/staff is legit despite being constantly questioned is SO COMFORTING. Keep up the great work!

Doreen Berard, RD, LDN, *Oncology/Wellness Dietitian*

Please, please, please keep bringing Julie back. She is so knowledgeable and has such a balanced perspective that both motivates you to make healthy choices and lessens the immense pressure and guilt cancer survivors feel about our choices around food by validating the healthy choices we already make.

Jennifer, *Young Adult Cancer Survivor*

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Food & Nutrition Magazine®

Patient Power

get busy living stupid cancer® established 2007

Today's Dietitian

TRIAGE CANCER

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