

Lauren Talbert, RD, CSO, LDN
Rhode Island
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Lauren Talbert RD, CSO, LDN is registered by the Academy of Nutrition and Dietetics and licensed by the State of Rhode Island. Lauren has a Bachelor of Science degree in both dietetics and food and nutritional science from the University of Vermont. She completed her dietetic internship at the Dana Farber Cancer Institute and Brigham and Women's Hospital in Boston. Lauren is one of three board-certified specialists in oncology nutrition in Rhode Island. To become a CSO, registered dietitians must successfully meet strict requirements and pass a national exam. Currently she works as the outpatient dietitian for the program in women's oncology at Women and Infants hospital. Lauren is a member of the Partnership to Reduce Cancer in Rhode Island's Coalition. She is also an oncology rehab STAR certified clinician. Lauren offers individualized counseling based on each patient's lifestyle, food preferences and nutrition goals.

Lauren speaks on topics such as: Nutrition recommendations for cancer prevention, Nutrition for cancer prevention in the BRCA positive populations, Superfoods: to help sick kicks fight cancer, Nutrition during chemotherapy and radiotherapy, Nutrition for cancer survivorship, Breast cancer nutrition, Healthy eating on a budget, Plant based diet planning, Healthy eating during the holidays.