

Julie Lanford MPH, RD, CSO, LDN
Winston-Salem, North Carolina

jlgl.rd@gmail.com



Julie Lanford MPH, RD, CSO, LDN, is the Wellness Director for [Cancer Services](#), a non-profit in Winston-Salem, NC.

She is a registered dietitian, licensed nutritionist and a board-certified specialist in oncology.

Lanford developed www.CancerDietitian.com a healthy living web site 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.

Since 2007, Lanford has written more than 350 articles and has over 3,400 subscribers to her e-newsletter. In addition to writing articles, Lanford provides prevention and survivorship education to Winston-Salem and surrounding rural communities. She has been the cancer nutrition speaker for many groups including Triage Cancer, Living Beyond Breast Cancer and Stupid Cancer speaking on such topics as survivorship, prevention, and translating evidence-based messages for consumers. She is an active member of the Oncology Nutrition Practice Group of the Academy of Nutrition and Dietetics.

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

Her passion is wellness for cancer prevention and survivorship, and she specializes in making healthy living fun! Lanford enjoys life away from work when she is traveling with her personal “circus,” a husband, 6-year-old daughter, and two lively dogs.