

Meet Julie



Julie Balsamo, MS, RDN

Julie is a graduate of SUNY Oneonta with a BS and MS degree in Nutrition and Dietetics. She opened Nutrition By Julie in 2021 with a vision to empower others to invest in their own health and wellness in order to live their best lives.

Julie specializes in gut health and is passionate about optimizing health from the inside out. She takes a science-first, root cause approach to facilitate healing, promote longevity and improve overall well-being.

Nutrition By Julie has grown exponentially since it's inception, and is headed in an exciting direction to reach a wider audience and change the conversation surrounding what it truly means to be healthy.

✓ **800+ clients served**

CREDENTIALS

BS: Bachelor of Science in Nutrition & Dietetics

MS: Master of Science in Nutrition

RD/RDN: Registered Dietitian / Registered Dietitian Nutritionist



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Email:
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