

Leah Frankel

Registered Dietitian



I am a Registered Dietitian with a passion for helping people change their lives through a healthy diet and lifestyle. I earned a Bachelor's of Science in Biology from the University of California, Los Angeles, graduating Cum Laude and with Departmental Honors. After graduating from UCLA, I pursued a Master's of Science in Nutritional Science at the University of Arizona. During my 2 years at the University of Arizona I worked as a Teaching Assistant, teaching several undergraduate nutrition classes, conducted research in a Nutrition Assessment Lab, and completed a thesis entitled, "Relationships between nutrient intakes and bone mineral density in healthy postmenopausal women in year 6 of the Bone, Estrogen and Strength Training (BEST) study." After graduating with a Master's in Nutrition, I completed a dietetic internship at USC + LAC Medical Center, and worked at as a Registered Dietitian at a hospital and multiple skilled nursing facilities in the Los Angeles area. In addition to working at the Addison-Penzak JCC, I am also an online nutrition instructor for the University of Phoenix, and a columnist at www.myhousecallmd.com.

My philosophy on developing nutrition programs is to work with my clients to help set realistic goals and lifestyle changes, regardless of age or current health status, and based on individual needs. I have experience creating nutrition programs for a wide population of people; I have worked with children and families, as well as older adults, and I have provided diets for a variety of disease states including diabetes, renal failure, heart disease, and high blood pressure. In addition, I have worked with clients to create plans for weight loss or weight gain, vegan or vegetarian diets, kosher diets, and for people with food allergies and intolerances.

In my free time I enjoy staying active by running outdoors, strength training, and taking fitness classes, and recently completed my third half marathon. When I am not working out, I enjoy baking, cake decorating, and making healthy vegetarian meals.

