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UC San Diego Health Physician Directory

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Nutrition Counseling

Nutrition Counseling is a process in which a registered dietician works with an individual to assess his or her dietary intake and identify areas where change is needed based upon medical and/or individual needs.

Heather Diamond, RD, CNSC
Registered Dietitian

Specialty:
Nutrition Counseling

Moores Cancer Center
La Jolla - Perlman Medical Offices

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line - Moores Cancer Center: (858) 822-6100
Direct Clinic Line: (619) 471-0420

Bio:
Heather Diamond, CNSC, is a registered dietitian who provides individualized nutrition intervention and education for people with cancer. As part of the multidisciplinary team at UC San Diego Health's Moores Cancer Center, she works closely with patients to implement strategies to manage their nutrition before, during and after treatment.

Elena Musser, MPH, RD, CNSC, CSRN
Registered Dietitian

Specialty:
Nutrition Counseling

Hillcrest - Medical Offices North
La Jolla - Koman Family Outpatient Pavilion

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line - La Jolla: (858) 657-7876
Direct Clinic Line - Hillcrest: (619) 543-3572

Bio:
Elena Musser, MPH, CNSC, CSRN, is a registered dietitian who provides medical nutrition therapy and counsels people with kidney, bariatric and diabetic issues on eating habits to improve health and treat diseases.

Kelli Gray-Meisner, RDN
Registered Dietitian Nutritionist

Specialty:
Nutrition Counseling

La Jolla - 9333 Genesee Avenue

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (619) 471-0420

Bio:
Kelli Gray-Meisner, RDN, is a registered dietitian nutritionist who specializes in helping individuals with gastrointestinal conditions, including irritable bowel syndrome (IBS), inflammatory bowel disease (IBD), ulcerative colitis, Crohn's disease, celiac disease, and functional gut disorders. She has expertise in integrative and functional principles, with an emphasis on a whole foods based diet and biologically appropriate lifestyle.

Gloria (Patricia) Rubio, MS, RD, CNSC
Registered Dietitian

Specialty:
Nutrition Counseling

Moores Cancer Center

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line - Moores Cancer Center: (858) 822-6100
Direct Clinic Line: (619) 471-0420

Bio:
Patricia Rubio, MS, CNSC, is a registered dietitian who counsels people on their eating habits to improve health and help treat diseases. She provides nutrition education as well as medical nutrition therapy for individuals with chronic illnesses such as cancer. Ms. Rubio is part of the multidisciplinary head and neck cancer team at Moores Cancer Center at UC San Diego Health, where she works closely with patients to implement strategies to help manage their side effects during different stages of treatment.
Nutrition Counseling (cont.)

Carla Salcedo, BS, RD
Registered Dietitian

Specialty:
Nutrition Counseling

Add'l Languages:
French, Spanish

Hillcrest - Medical Offices South
Jacobs Medical Center
Hillcrest - UC San Diego Medical Center

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (619) 471-0420

Bio:
Carla Salcedo, BS, CDE, is a registered dietitian who counsels people on their eating habits to improve health and help treat diseases. She provides nutrition education and medical nutrition therapy.
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