

Iowa State University Student Counseling Services Resource information:

m.roling@iastate.edu

Dietitian Referral Options:

Certified Eating Disorder Registered Dietitian (CEDRD)

Name	Agency	Location	Phone	Email or Website
Carrie Leiran	Unity Point	Des Moines	515-241-8686	https://www.unitypoint.org/desmoines/services-dieticians.aspx
Holly Paulsen	Jones Regional Medical Center	Anamosa	319-481-6254	Holly.Paulsen@unitypoint.org
Michelle Kuster	Food Freedom	Burlington	319-208-9038	michelle@michellekuster.com
Sue Clarahan	My Practical Nutrition	Iowa City	(319) 383-3029	https://mypracticalnutrition.com/

**Holly and Michelle can provide virtual 1-on-1 nutrition counseling to anyone residing in Iowa*

Not CEDRD, but have some experience/training in work with eating disorders

Name	Agency	Location	Phone	Email or Website
Theresa Munkvold	Private practice. Does not bill insurance	Ames	515-290-4783	https://dietandnutritioncounseling.com/
Liz Burkland or Sarah Haveman	Mary Greeley	Ames	515-956-2880	https://www.mgmc.org/medical-services/diabetes/nutrition-education-services/
Lisa Nolting	-ISU students who live off campus. Others see her in pvt practice	Ames,	(515) 368-1949	ISU students email: lnolting@iastate.edu
Kallen Andersen	ISU students who live ON campus			ISU students email: kallena@iastate.edu