SCHIFFERT HEALTH CENTER

DIETITIAN SERVICES

We are located on the second floor of the Schiffert Health Center, across the hall from Cook Counseling Center. Enter the double doors next to the elevator and check-in at the reception desk by the large fish tank.

NUTRITION COUNSELING

Our registered dietitians work with students to provide personalized nutrition counseling. From managing chronic diseases, adjusting to food intolerances, or simply navigating the abundant amount of dietary misinformation, our dietitians can provide advice and guidance. The following is a partial list of topics they can assist with:

Veganism
Vegetarianism
Weight Management (loss, gain, postpartum)
Disordered Eating
Exercise Nutrition
Diabetes; Type1 and Type2
Gastrointestinal Distress
Irritable Bowel Syndrome
Celiac Disease

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Schiffert Health Center

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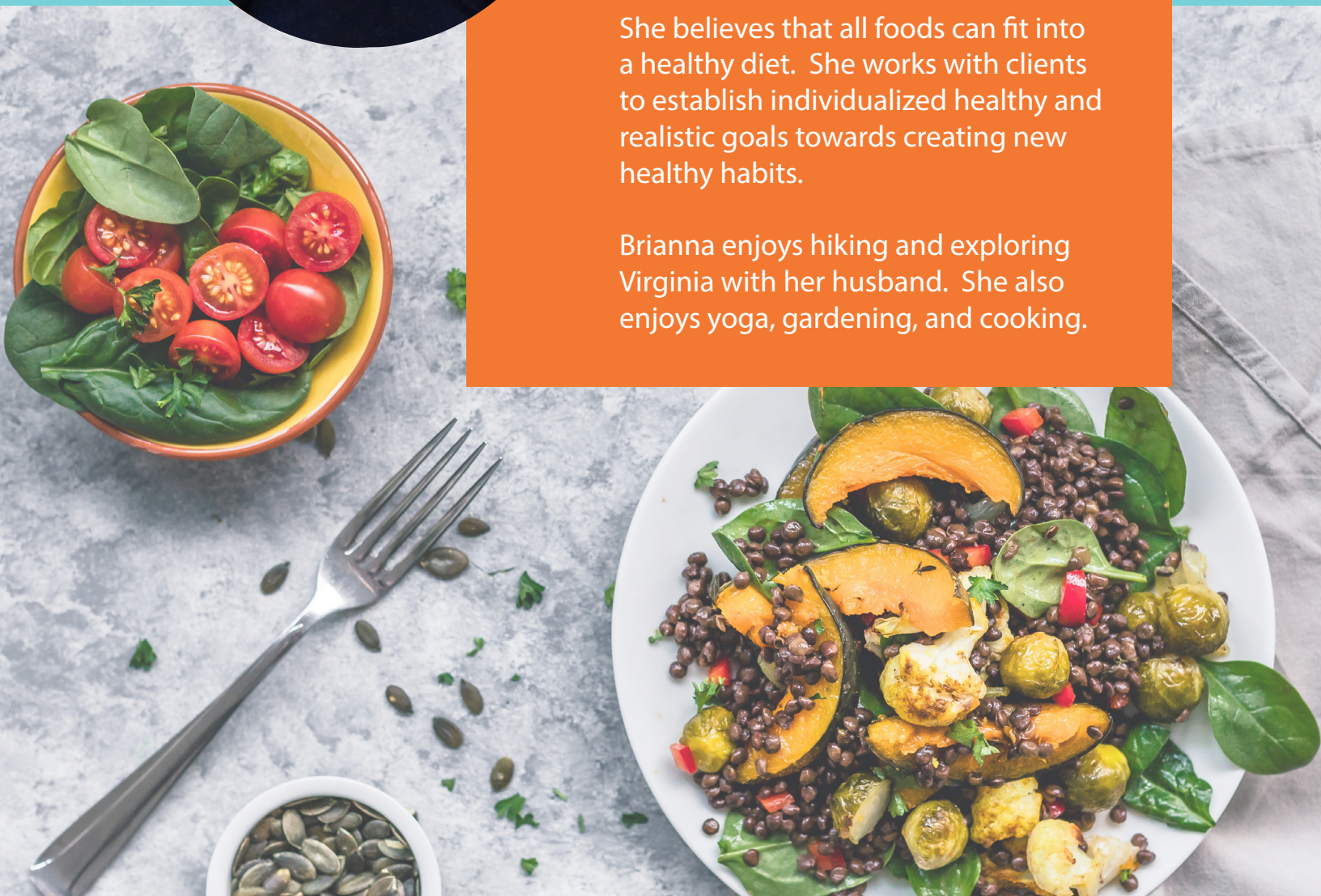
Virginia Polytechnic Institute and State University

VIRGINIA TECH™

MEET THE DIETITIAN

Brianna Sharlow is originally from upstate New York. She has a bachelor's degree in Nutrition and Dietetics from The State University of New York (SUNY) Plattsburgh. She was SUNY Plattsburgh's first dietetic intern and completed hours in Plattsburgh and Watertown, NY.

She believes that all foods can fit into a healthy diet. She works with clients to establish individualized healthy and realistic goals towards creating new healthy habits.

Brianna enjoys hiking and exploring Virginia with her husband. She also enjoys yoga, gardening, and cooking.