

# NUTRITIONIST

- Before calling to schedule an appointment, check with your insurance company to find out if a referral is required and to determine in-network benefits.
- If a referral is required, be sure to call our office 1 week in advance to allow for time to send medical records and/or request preauthorization.
- If the specialist we recommend is not participating in your insurance network, please consider using a doctor recommended by your insurance company to avoid any out of pocket expenses.

## Texas Children's Specialty Care-Austin

### Clinical Nutrition /Dietetics

8611 North MoPac Expressway, Ste. 300 Austin, TX 78759  
Ph. (737) 220-8200 / Fax (737) 220-8180  
[www.texaschildrensaustin.org/specialtycare](http://www.texaschildrensaustin.org/specialtycare)

## Dell Children's Outpatient Nutrition Services

4900 Mueller Blvd 2nd Floor, Marnie Paul Specialty Care  
Center Austin, TX 78723  
Ph: (512) 324-0137

## Texas Nutrition Consultants

\*locations in Central & South Austin and Round Rock\*  
Ph. (512) 338-4500  
[www.texnutrition.com](http://www.texnutrition.com)

## H-E-B Wellness Nutrition Services

[nutritionservices@heb.com](mailto:nutritionservices@heb.com)  
Ph: (855) 803-9355

## TLB Nutrition Therapy

2520 Longview Street Unit 211 Austin, TX 78705  
Ph. (512) 522-7793 / Fax (818) 484-2316  
[tlbnutritiontherapy@gmail.com](mailto:tlbnutritiontherapy@gmail.com)

## Wilfong Nutrition

\*Telehealth appointments, in the State of Texas, only at  
this time\*  
Ph. (512) 843-1681 / Fax (737) 443-5958  
[anne@wilfongnutrition.com](mailto:anne@wilfongnutrition.com)

## Optimal RD: Registered Dietitian Nutritionists

11782 Jollyville Rd. Austin, TX 78759  
Ph. (512) 815-3438  
[info@optimalrd.com](mailto:info@optimalrd.com)

## Laura Mangum, RD

7200 Wyoming Springs Dr. Ste. 1500 Round Rock, TX 78681  
Ph. (512) 731-8679 / Fax (512) 628-3449  
[www.lauramangumrd.com](http://www.lauramangumrd.com)

## Endurance Wellness Coaching

Alli Winkelmann, Director of Health & Wellness  
Ph. (512) 591-8165  
[alli@endurancewellnesscoaching.com](mailto:alli@endurancewellnesscoaching.com)

## Straight Forward Wellness, LLC

Kati Ohlmeyer, MS, RDS, LD  
Ph. (512) 568-2624  
[ohlmeyerrd@gmail.com](mailto:ohlmeyerrd@gmail.com)