

Member Spotlight

Lauren Landfried, MS, RD, LD



Lauren Landfried is an Instructor in the Department of Nutrition and Dietetics at Saint Louis University where she teaches undergraduate nutrition classes and serves as a Nutrition Coordinator with the City of St. Louis Department of Health where she provides nutrition services to residents in the St. Louis region. She also works as a pediatric dietitian through the Missouri Department of Elementary and Secondary Education's [First Steps](#) program, providing nutrition care to infants and children up to three years of age. Lauren enjoys the variety that her job offers through teaching, direct patient care, and public service. In her role as a teacher, she is motivated daily by her students' enthusiasm for learning. As a nutrition advocate, she strives to make small changes that have the potential to make a bigger impact on the health and well-being of St. Louisans.

Lauren grew up in Illinois and earned a Bachelor of Science in Animal Science from the University of Illinois. While nutrition was always an interest for Lauren, she did not consider nutrition and dietetics as a career until she ran her first half marathon. It was through this event that Lauren discovered her passion for nutrition and fitness. Lauren subsequently took a risk and changed her career path. She quit her job, applied for graduate school, and began her path to nutrition. Lauren earned a Master of Science in Nutrition and Dietetics from Saint Louis University where she also completed her dietetic internship, and she is currently working toward her PhD in Public Health at Saint Louis University. Lauren is especially appreciative of the support she received from her husband, Ben Landfried, through all of her endeavors!

Lauren joined the Public Health/Community Nutrition Practice Group (PHCNPG) in 2011 to stay up-to-date with the latest trends in public health nutrition. She currently serves as the Legislative/Public Policy officer for the St. Louis Dietetic Association as well as the [Let's Move](#) Coordinator for the Missouri Academy of Nutrition and Dietetics. She has been honored with several awards and recognitions. Lauren was awarded the 2013 St. Louis Recognized Young Dietitian of the Year for the Missouri Academy of Nutrition and Dietetics. Lauren was a nominee for the Alpha Eta Lee Holder Award for Excellence in Graduate Allied Health Education in 2011, and she received the Sr. Mary Sellmeyer Scholarship in 2009 through the Doisy College of Health Sciences.

In her free time, Lauren enjoys spending time with her husband, family and friends, running with her dog Harry, trying new foods, and traveling. Lauren enjoys eating all foods, but one of her favorites is cheese of any variety. PHCNPG is proud of Lauren's work and appreciates her passion for public health nutrition!