



Diana Mesa is a registered dietitian and licensed nutritionist in Florida with a passion for helping others achieve their best health. She was born in Havana, Cuba and immigrated to Miami, FL at the age of 4. Diana received her Bachelor of Science in Dietetics and Nutrition from Florida International University in 2017. During her studies, she worked with non-profits in the community providing nutrition education and facilitating cooking classes in a variety of settings for different populations, including children, teens, medical professionals, and adults with chronic conditions. As a registered dietitian, Diana has collaborated with functional doctors in dementia care, worked in skilled nursing facilities and long-term care centers, and currently provides diabetes education in outpatient clinics. Diana also owns her private practice, En La Mesa Nutrition, where she provides nutrition counseling using a non-diet approach to a mostly Latino population while honoring her clients' cultural foods and preferences.

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