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Ana D' Escrivan, is a Registered and License Dietitian-Nutritionist with a Master Degree in Clinical Nutrition, is a Certified Diabetes Care and Education Specialist (CDCES) with 25 years of experience working in the Nutrition field in Latin America and in the US. Some of her roles in the US include, working 4 years with RGV ACO Healthcare Providers supporting and helping Medicare beneficiaries to improve Diabetes Management, 3 years with HEB Nutrition Services where she offered personalized nutrition counseling to patient with multiple chronic diseases and led Grocery Shopping tours for people living with Diabetes in the Rio Grande Valley and organized community events to increase awareness on Diabetes prevention. In her spare time, she has supported community activities with Unidos Contra la Diabetes when working with RGV ACO, was the nominating Co-Chair for Latinos and Hispanics in Nutrition and Dietetics and supports her local Texas Academy of Nutrition and Dietetics chapter. Ana is also a Certified Lifestyle coach for Diabetes Prevention Program. Today, Ana is the Co-owner of Complete Nutrition Solution LLC which is a patient-centered Nutrition Care private practice dedicated to help patients of all ages improve health outcomes and prevent chronic diseases such as Diabetes.

Ana D' Escrivan, RDN, LDN, CDCES