

May 7th, 12:00 pm, *“Plant Based Eating Patterns for Diabetes”*

Speaker: Meghan Jardine, MS, MBA, RDN, LD, CDCES



Meghan Jardine, MS, MBA, RDN, LD, CDCES, is a registered dietitian nutritionist and certified diabetes care and education specialist who specializes in plant-based nutrition. The presentations Mrs. Jardine provides focus on the health benefits of plant-based nutrition specifically focusing on diabetes, weight management, and the microbiome.

Mrs. Jardine currently works as a clinical dietitian providing medical nutrition therapy for Parkland Health & Hospital System in Dallas, Texas where she was the coordinator of the Diabetes Self-Management Education and Support program for over 10 years. Mrs. Jardine was the associate director of diabetes nutrition education for the Physicians Committee for Responsible Medicine for 7 years.

Mrs. Jardine earned her bachelor's degree in Food and Nutrition from the University of Maine and a master's degree in Nutrition and Food Science from Texas Woman's University. She also has a master's in business administration from the University of Dallas.