

# Karla Crawford, MPH, RD, LD

Registered Dietitian, Integrative Medicine Center

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Karla Crawford is a registered dietitian specializing in oncology. She received her nutrition degree from the University of Houston and her master's degree in Public Health with dietetic training from the University of Texas Health Science Center in Houston. She has worked with patients through the cancer continuum for over 8 years.

Karla's professional interests are in behavior change, nutrition education, community gardens, health promotion, and disease prevention through a plant-based diet and a healthy lifestyle.

In addition to nutrition counseling, she currently teaches the *Cooking for Optimal Health* class offered monthly in the May's Integrative Medicine Kitchen.