



Starla Garcia, M.Ed, RDN, LD

Senior Clinical Dietitian, Integrative Medicine Center

Starla Garcia is a registered dietitian with a focus on exercise, weight management, and diabetes care. She received her nutrition degree in Human Nutrition and Foods from the University of Houston where she also earned her master's degree in health education. Starla has worked with a variety of health care settings working with individuals to manage diabetes, emotional and stress eating, adopting plant-based diets, and endurance athletes preparing for specific events. Her approach to nutrition is to help patients understand their bodies needs, separate nutrition fads from nutrition facts, and align their food preferences with their health goals. Starla will be supporting patients through individual consultations, cooking classes, and the IM Fit and IM Healthy group programs. Fun fact about Starla is that she also ran at the University of Houston as a Division I cross-country and track and field athlete, as well as competing at the 2020 USA Olympic Marathon Trials.