



MOLLY KIMBALL, LDN, RD, CSSD

**NUTRITION MANAGER +
FOUNDER, OCHSNER EAT FIT**

ABOUT MOLLY KIMBALL, RD, CSSD

Molly is a registered dietitian with a passion to make it easy for people to live their strongest, healthiest lives.

She is the founder of Eat Fit, a nonprofit initiative of Ochsner Health that works with local restaurants, markets, schools and corner stores to develop & identify nutritious items on the menu. The Eat Fit brand spans six regions across the state, including Eat Fit NOLA, with the mission of providing easy-to-access real-world education, inspiration and resources on wellness and nutrition.

A lifestyle dietitian and a board-certified specialist in sports dietetics by the Academy of Nutrition and Dietetics, Molly has managed the nutrition program at Ochsner Fitness Center in New Orleans for more than 20 years, working with thousands of clients ranging from people like you and me to professional athletes. She's learned what drives us, what motivates us, what works and what doesn't, and what derails even our best intentions. Having the ability to dial into these behaviors and challenges fuels her work in our community and serves as the inspiration for Eat Fit.

She has been featured as a nutrition expert by a variety of national media outlets, including Vogue, The New York Times, Newsweek, Shape, Health, Fitness, Thrillist, Runner's World, Well+Good, Cosmopolitan, WebMD, and CNN.com.

As a regular contributor to national and local publications, Molly covers all things related to nutrition and wellness. She has been the nutrition expert for New Orleans' ABC affiliate WGNO since 2009, with weekly TV segments on WGNO's Good Morning New Orleans. And now you can catch her podcast, FUELED wellness + nutrition with Molly, where she dives deeper into the science and the stories to educate and inspire.