Emily Navarro

Nutritionist



Emily Navarro is a registered dietitian with an enthusiasm for good food! As an anti-diet dietitian, Emily is on a mission to change the way we think about “diets” and to make eating healthy taste great. Emily uses a positive, food-forward approach to nutrition counseling and she believes that eating well is one of the most important things we can do for ourselves.

Emily graduated magna cum laude with a Bachelor of Science in Human Nutrition from The University of Illinois at Chicago before going on to complete her supervised clinical internship rotations at various locations, including Rush University Medical Center, Lutheran General Hospital, and Mercy Hospital. Emily has experience practicing nutrition in a variety of settings, including clinical, retail, and the food industry, and she is a member of the Academy of Nutrition and Dietetics.

With a passion for sustainable eating, Emily encourages a plant-based lifestyle for better health. In her free time, she is most likely to be found playing in the kitchen or with her nose stuck in a cookbook.