



Taylor's Story

Taylor Lechner, MFN, RD, LD
Clinical Dietitian & Nutrition Educator

I am a Columbus, OH based dietitian who works with clients suffering from eating disorders. I work at The Emily Program and am currently building my own private practice on the side. I was lucky, and knew I wanted to pursue a degree in nutrition early on in high school.

Unfortunately, this came as a result of struggling with my own disordered eating and exercise. I became so enthralled with being the "healthiest" that it became unhealthy. This led me to pursue a degree in dietetics with a minor in psychology at Purdue University. I wanted to help others find peace with food, exercise, and their bodies and not get wrapped up in being perfect, like I did. My goal is to help my clients to re-discover the joy of eating vs. obsessing and fearing it. As an advocate of Health at Every Size®, I promote inclusivity in my practice, welcoming diverse body shapes & sizes. I recognize and respect that all bodies are different and have unique needs. I love seeing clients take back control from their eating disorders. It is particularly rewarding when you build trust and rapport with clients, resulting in a strong therapeutic relationship. There is a lot of fear, shame, and secrecy with eating disorders. Having a client open up and confide and trust in you is crucial in this line of work.

In addition to my one-on-one work with clients, I also create and lead online courses. These courses are designed to teach dietitians and other nutrition professionals how to effectively work with clients with eating disorders. As RD's we learn very little about treating eating disorders in school. Even less about mental health diagnoses in general. When I first started working as an eating disorder dietitian, I had to pretty much learn everything on my own. I had some help from the other RD's I was working with, but we were a non-profit at the time and understaffed. We need more dietitians who are eating disorder-informed, because a lot of traditional nutrition practices can actually be harmful to those with eating disorders. I want to make this education readily available and accessible for dietitians around the world.

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