WOMEN LEAD NC

DECEMBER 2, 2026 I RALEIGH, NC

Katherine Andrew
Registered Dietitian Nutritionist and Founder
Katherine Andrew Nutrition



Katherine Andrew is a Registered Dietitian Nutritionist and the founder of Katherine Andrew Nutrition, a virtual nutrition practice serving women of all ages. Within her practice, Katherine specializes in working with women in their 30s and 40s who are dealing with fatigue, bloating, poor sleep, cravings, weight that won't budge, or out of range labs, and who want a clear plan to address them. Some of these women have spent years eating well, exercising, and following conventional health advice without seeing meaningful improvement. Others aren't sure what to try next, or simply want personalized, one-on-one guidance instead of piecing it together on their own. With more than 15 years of clinical experience, Katherine has worked with thousands of women facing these concerns.

Katherine's clinical approach integrates nutrition counseling, advanced lab testing, and assessment of behavioral, lifestyle, and symptom patterns to determine what is actually affecting a woman's health, rather than treating each concern in isolation. Her work centers on digestion, blood sugar regulation, metabolic health, energy production, and nervous system function, along with the daily habits that influence those systems. She also incorporates prevention-focused strategies to support bone density, cardiovascular health, and brain health as women age.

Katherine earned her undergraduate degree from the University of Virginia and a Master's in Public Health Nutrition from the University of North Carolina. She has served as a nutrition consultant for brands including Ancient Nutrition, Vital Proteins, Levels Health, and EVLO Fitness. Outside of her clinical work, she is a wife and mother of three. She founded Katherine Andrew Nutrition to give women direct answers about their health and a plan built specifically around their individual needs.