



WOMEN LEAD NC

OCTOBER 18, 2024 | RALEIGH, NC

Lydia Averette MS, RD, CSP, LDN
Licensed and Registered Dietitian Nutritionist
Nutrition HealthWorks

Lydia is a Licensed and Registered Dietitian Nutritionist who enjoys counseling clients with diverse backgrounds. She obtained her B.S. in Nutrition Sciences at NC State University with a Minor in Sports Science and her M.S. in Foods and Nutrition at The University of Georgia. Her experience is in pediatric nutrition and medical nutrition therapy. She is passionate about helping clients reach their goals with a holistic approach that combines psychology and behavior change. Lydia believes nutrition and a healthy relationship with food are foundational for a thriving life. Outside of work, Lydia enjoys training for marathons, discovering new coffee shops, playing with her cat, and enjoying the outdoors with friends and family.

