

Val Schonberg MS, RDN, CSSD, LD, MSCP, FAND

Val Schonberg is a Registered and Licensed Dietitian with a master's degree in nutrition science from the University of Minnesota. She is Board Certified as a Specialist in Sports Dietetics, a Certified Menopause Practitioner with The Menopause Society (previously known as the North American Menopause Society) and a Fellow of the Academy of Nutrition and Dietetics. Val owns a private practice in Atlanta, Georgia where she specializes in midlife health and menopause, recreational and professional sports nutrition, and all types of eating disorders. With special interests in musculoskeletal health, aging, and the impact of energy deficiency across the lifespan, Val's experience and expertise come from years of practice in many settings including women's health, eating disorder treatment, Division 1 college sports medicine, professional dance organizations, and speaking regionally and nationally on numerous nutrition-related topics. In addition to individual nutrition counseling, she is the consulting dietitian for Emory Sports Medicine and Orthopedics, Atlanta Ballet, and the Atlanta Dream Women's NBA team. Val is passionate about providing nutrition care to populations vulnerable to disordered eating and promoting positive nutrition messages that help people make informed decisions about their health and live a life where they are at peace in their relationship with food and their body.

