



MAURICIO ROSAS-ALVAREZ, RDN, LDN

Mauricio Rosas-Alvarez is a registered and licensed dietitian who provides practical nutrition counseling targeted toward chronic disease prevention and sustainable eating goals for health.

Mauricio earned his Bachelor of Science degree in Culinary Arts and his Bachelor of Science degree in Culinary Nutrition from Johnson & Wales University. He completed his dietetic internship at Tulane University School of Public Health and Tropical Medicine. Mauricio has experience as a chef for restaurants, spas and catering, as a nutrition and culinary arts educator and program developer for schools' grades K-12, as a business entrepreneur in the nutrition, dietetics and healthcare field, and as a clinical service provider for the largest health system in Louisiana.

As a Clinical Dietitian for Ochsner Health System in the Corporate Wellness and Executive Health departments, Mauricio sees outpatient clients for nutrition assessment and intervention at the Executive Health clinic, interprets aggregate health data from biometric screenings with employers and brokers, manages events for Ochsner services promotion, and coordinates and executes education programs including Hello Health at Work, Pathway to Results Weight Management, and cooking demos.