

Anne Bell, MS, RD, LD



Anne Bell earned a bachelor's and a master's degree in nutrition from Texas A&M University in College Station and is a registered dietitian. Much of her professional experience has been clinical in nature, providing outpatient medical nutrition therapy to patients with chronic diseases such as heart disease and diabetes. She has spent 7 years working with the WIC program Texas and Missouri, counseling pregnant and breastfeeding women, and helping them establish healthy eating habits in their young children. She has served as an adjunct faculty member at Fontbonne University, St. Louis University, and Southern Illinois University and currently facilitates nutrition courses at the San Antonio campus of the University of Phoenix. She is passionate about exercise and loves the outdoors. One of her favorite activities is hiking with her husband, kids, and dog. Despite her thorough knowledge of the science of nutrition, she has an out of control sweet tooth!