



Professional Profile



Wendy D. Watkins, RD, LDN

Founder/President

During her 30-year career as a Registered Dietitian and Licensed Dietitian/Nutritionist, Wendy Watkins has developed specialized expertise in the nutrition field. A seasoned consultant in the long-term care sector, and an experienced personal nutrition counselor, Watkins also serves as a trainer/instructor. Her teaching encompasses in-service programs for staff education and development, as well as educational in-services for other nutrition professionals. Watkins is a sought-after speaker for professional meetings.

Following nearly 20 years as a practicing Registered Dietitian for healthcare-related organizations, Watkins' passion for nutrition — and the elderly in particular — led her to start a consulting business specializing in long-term care. Watkins formally established Greenville (SC)-based Upstate Nutrition Consultants in 1999. The firm operates throughout the Carolinas and Georgia, and has a strong regional presence in Upstate South Carolina.

Through Upstate Nutrition Consultants, Watkins and her team of Licensed and Certified Nutrition Professionals provide a broad range of nutrition services to a client base of more than 80 long-term care and assisted-living facility owners. Upstate Nutrition Consultants also provides individualized nutrition counseling to people of all ages seeking to improve their health and well-being through lifestyle change. Watkins and her highly credentialed team work closely with area medical professionals; in fact, many of the firm's individual counseling clients come from physician referrals.

Registrations

Registered Dietitian (RD)
through the American
Dietetic Association

Licensed Dietitian (LD)
South Carolina

**Licensed Dietitian/
Nutritionist (LDN)**
North Carolina

Education/Credentials

Bachelor of Science, Food and Nutrition

Winthrop College — *Graduated Magna Cum Laude*

Instructor/Trainer/Curriculum Developer — In-Service Programs for Staff Education and Development; and for other Nutrition Professionals.

Professional Affiliations

American Dietetic Association

South Carolina Dietetic Association