



Corporate Wellness programs are designed as an investment in your corporation's most valuable asset, your team. Upstate Nutrition Consultants offer a wide range of services focused on motivating your team to adopt healthier lifestyles and in turn benefit your business.

Services include: Development of Health & Wellness Initiatives, Nutrition Risk Assessments, Group Teaching Sessions, Health Fairs, Motivational Coaching, Creative Customization of Programs, Diabetes Management, Cardiac Health, Weight Loss Management, Lunch & Learns, and Individual Nutrition Counseling

Mary Kate Schaible, RD, LDN
Registered Dietitian | Wellness Director

Mary Kate is a Registered Dietitian who graduated from Virginia Tech with a BS in Human Nutrition, Food, and Exercise with a minor in psychology. After graduation, the New Jersey native packed up and moved to South Carolina to complete her dietetic internship with the South Carolina Department of Health and Environmental Control, which resulted in her being hired by a national healthcare corporation

Mary Kate's interest in nutrition began when she became involved in sports, understanding that proper nutrition is crucial to fueling peak performance. She became passionate about nutrition and teaching others how to achieve a healthy lifestyle. Mary Kate believes that sound nutrition is the basis for good health and that coupling a healthy lifestyle along with a healthy relationship with food can improve quality of life.

Mary Kate is a member of The Academy of Nutrition and Dietetics, South Carolina Academy of Nutrition and Dietetics, and The Piedmont Dietetic Association.

Mary Kate is also Upstate Nutrition's Wellness Program Director. She develops and customizes programs for a corporation's employees in SC, NC & GA. Upstate Nutrition has worked with Michelin, Sealed Air and SEW EuroDrive



Contact Mary Kate: dietitian@upstatenutrition.net



Who We Are: Owner, Wendy Watkins, has been working in dietetics for over 30 years, and her knowledge and practice of nutrition counseling ranges from pediatrics to geriatrics. She opened Upstate Nutrition Consultants in 1999 with a vision to meet the needs of those searching for a healthier way of life. Plate 108 has served as an excellent outlet for the general public and patients of Upstate Nutrition to transfer what they learn about nutrition to creating their own healthy, delicious meals in the kitchen.

The registered dietitians at Upstate Nutrition Consultants practice according to the latest trends in Medical Nutrition Therapy, focusing on developing appropriate solutions for individualized care, coming from a variety of diverse backgrounds in the fields of nutrition and fitness.

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