



Lea Crosetti Andes RD, CSSD Biography

Lea Crosetti Andes is a registered dietitian and board certified specialist in sports dietetics. She received her Bachelor's Degree in Dietetics from the University of Hawaii at Manoa. With a strong background in both sports and bariatric nutrition, Lea coined the term and founded BariAthletes®. Her mission is to not only help bariatric athletes meet their specific nutritional needs but also help them embrace their inner athlete. Lea is also an Ironman triathlete and enjoys competing in endurance events. She received an Emmy for the Best Instructional Series, "Understanding Chemistry in Our World", in 2009 as on screen talent. Her articles have been published in the Your Weight Matters Magazine, the Journal of Food Science Education and various newsletters and websites. Lea has also been a speaker for the Academy of Nutrition and Dietetics Weight Management Dietetic Practice Group, American Diabetes Association, California Dietetic Association, Weight Loss Surgery Foundation of America, the LA Triathlon and various athletic groups.