

Nutrition and Lactation Support

Breastfeeding is considered the optimal source of infant nutrition. The Registered Dietitian at Truly Nourished is not only an expert in nutrition, but also a Board-Certified Lactation Consultant who can help moms and babies get the best start with breastfeeding and overcome challenges. Truly Nourished provides prenatal breastfeeding counseling and support to families who have questions or problems during the course of breastfeeding and lactation.



Latch and Feeding Assessments
Prenatal Lactation Consultations
Help with Increasing Milk Supply
Transitioning from Bottle to Breast
Exclusive Pumping Assistance
Prenatal & Postpartum Nutrition

Virtual Appointments and Home Visits Available

Denice Vance, MS, RD, IBCLC, LD
Registered Dietitian and Board-Certified Lactation Consultant