

meet the dietitian

inspire through food



Leah Gayowski MS, RD, LD

Regional Wellness Director – Compass Group National Accounts

Leah earned a Bachelor's and Master's degree in Nutritional Science from Texas Tech University. Passionate about all things wellness, Leah understands the importance of incorporating a healthy lifestyle into a busy schedule. She prides herself on helping others live a healthier and happier life through a balanced diet. Leah worked in the clinical setting for over three years in acute and long term hospitals. During her time as a clinical dietitian, she gained extensive knowledge in all aspects of Medical Nutrition Therapy including diabetes, heart disease and weight management. After building an educational foundation, Leah turned to prevention rather than treatment. Since transitioning to corporate dining Leah has shifted her focus to wellness by providing healthy meals for clients and customers.

Ingredients Cafes are committed to helping you make healthy choices by providing research based information as well as ensuring delicious, wholesome foods are available at all dining locations.