

# Meet the RD, Kelly Lawler

MBA, RD, LD

Hi there! My name is Kelly Melhorn, and I am your new registered dietitian. You'll find me putting wellness to work across the UnitedHealth Group Portfolios. A little about me- I've been a registered dietitian for several years working as a local grocery store dietitian and in the medical field. My passion for nutrition first started with my love for soccer. I was always on the hunt for ways to be better on the field, so I started to pay attention to how my food choices could make me a better athlete. As I started adding new foods to my diet, I realized my love for being creative in the kitchen. Now, you'll find me in the kitchen testing out a new recipe every chance I get! My favorite recipes to create? Any recipe with plant-based proteins that don't sacrifice flavor. Make sure you follow along on my Instagram page to see what I am cooking up! @RDkitchenedition

My favorite part about being a dietitian is the chance it gives me to connect with others. But if I'm not connecting with people about nutrition, you'll likely find me connecting with friends on the soccer field. Though my college soccer days are long gone, I still play every chance I get and spend much of my spare time coaching younger players. In addition to soccer, I spend my time volunteering for a local animal shelter and spending time with my own two four-legged friends and fiancé!

Don't be shy, come say hi to me in your workplace café!



*Want to see what the dietitian is up to?*

**Follow along on Instagram!**

