



Kelly Taliaferro, RDN, LD

IBS Dietitian and Gut Health Expert

About Me

Driven by her personal journey to find the root cause of her own gut health issues, Kelly is a Registered Dietitian specializing in gut health. With over 12 years of experience, Kelly is on a mission to help people poop comfortably and find real relief from bloating.

Kelly graduated from the University of Texas at Austin with a B.S in Nutrition and holds a Master's in Business from the University of North Texas. She also completed training on the Low FODMAP diet through Monash University.

Whether working with patients, media, or professional audiences, Kelly is passionate about translating complex nutrition science into practical, useful information that's applicable in the real world. Her ability to navigate complex collaborations while maintaining a focus on quality and value makes her a reliable partner in professional and media spaces.

In her private practice, Hues Nutrition, Kelly focuses on Irritable Bowel Syndrome (IBS) and other complex digestive conditions. She combines her clinical expertise and personable communication style to offer her clients personalized, evidence-based, and actionable solutions that meet their unique needs.

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🌐 huesnutrition.com

Previous Collaborations



Services

Media Interviews
Social Media Posts
Freelance Writing
Radio and Podcasts
Recipe Development
Cooking Demos
Consulting
Videos
Webinar Host

Demographics



500+
Followers



19K+
Impressions

Kelly's approach is amazing since she starts with the basics then provides more useful information and tools that can be realistically applied. "

- Jennifer L, Program client

Get In Touch

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 IBSDietitianKelly