



## Allyson Mast, MS, RDN, LD

**Specialty:** Bariatric Medicine

✔ Welcoming new patients

### **GOSHEN PHYSICIANS CENTER FOR WEIGHT REDUCTION**

1130 Professional Dr, Goshen, IN 46526 [Directions](#)

**574-537-8326**

### **About Me**

Ally Mast, MS, RDN, CD, specializes in medical nutrition therapy. She is part of the Goshen Physicians Center for Weight Reduction team. Ally provides nutrition care to patients seeking weight management or bariatric surgery by offering a nutrition assessment, diet education and recommendations for changes in nutritional care. To do that, she coordinates care with the surgeons, nurse practitioner and onsite personal trainer.

### **Philosophy of Care**

Ally enjoys working with people who want to improve their health. She cares for people who want to lose weight, better manage their diabetes and reduce their hypertension. Nutritional care includes providing education, meal plans, healthy recipes and motivational counseling. To do her job, Ally focuses on being a good listener, which helps her provide individualized nutrition counseling. She promotes eating whole foods, believes in moderation in everything and encourages the practice of mindfulness in eating to create an enjoyable and healthful experience.

### **Research/Clinical Interest**

- Diet education
- Nutritional assessments
- Group nutrition counseling
- Diabetes and renal education

### **Education**

Certified/Licensed – Dietitian

Education and training:

Master of Science in Family and Consumer Science, Dietetics Concentration  
Lamar University | Beaumont, TX

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