

Department of Veteran Affairs

Meet the Dietitian



Lindsey Millar, MS, RD, LDN

Lindsey is a Registered Dietitian. She completed both Bachelor's and Master's degrees from Southern Illinois University in Carbondale in Nutrition. She is currently serving as the 2012-2013 Southern Illinois Dietetic Association President.

Lindsey has been a member of the VA family since 2010 when she completed both foodservice and clinical rotations at the Marion VA for her dietetic internship.

Currently, Lindsey provides outpatient nutrition counseling to veterans at Effingham and Mt. Vernon CBOC. Additionally, she serves at the Effingham Home Based Primary Care Dietitian.

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