

INTERVIEW:

Abby Langer, RD



Hello Abby! For the uninitiated, tell us a little bit about yourself and your background.

I've been an RD for twenty years!

I've worked in clinical nutrition, nutrition management, and now media and consulting for my own business, [Abby Langer Nutrition](#). I'm known for my no-holds-barred opinions and nutrition myth-busting, as well as taking complicated nutrition topics and breaking them down so everyone can understand them.

Every dietitian has a handful of tips and tricks they use to help their clients achieve their goals. What are some you found to be the most useful or successful?

One of the most important things is listening. Listening to what the client wants, where they are in their nutrition journey, where they've been. Working with them while keeping them realistic in their goals. Promoting positivity with themselves and a good relationship with food and eating. So many people come to me and they're afraid to eat — they hate the way they look, they're ashamed of themselves and their eating habits. All of that is not only counterproductive in terms of reaching wellness goals, it's also soul-crushing. Life and food are meant to be enjoyed.

Are there any tools or strategies you used to employ but have since shied away from as your practitioner experience increased? If so, why?

I guess I used to be more cut-and-dried in my approach. I wasn't as open to alternatives in terms of recommendations for clients, and I took everything I learned in school more literally. As I've grown in my career and science has changed, I've also changed my style dramatically. Definitely a good thing. I'm also a far better listener. I used to be fond of telling people what they should do. Now I guide them to come up with their own plans and support them in that.

Some clients are “shortcut hungry” — looking for any possible supplement, pill, or dubious regimen that will lead to quick and lasting results. In these cases, what approaches can be used to help shift their perspective to the realities of gaining long-term health?

Everyone wants a 'hack' for everything in life, but there are very few when it comes to nutrition and health. What I do is help people realize how far they've come from where they've started, and to

appreciate the small wins that eventually become lasting habits and positive change.

You have reviewed [about 40 different diet plans](#) on your website; including [Whole30](#), [pagan](#), [Arbonne](#), [keto](#), [Isagenix](#), and even a [celery juice cleanse](#) (say what now?). These must take some time to write, but which diet plans

would you like to analyze in 2019? Are you attempting a world record for “Most Diet Reviews Ever” 😊?

I'd really like to take on diet clinics in 2019, and I've started a post on them. They're very shady. I'm sure there will be other crazy food and nutrition trends that pop up that I'll jump on! There's never a shortage! ♦

Abby Langer, RD is a dietitian and owner of [Abby Langer Nutrition](#). She's a contributor to SELF Magazine, and her work can also be read in Men's Health Magazine, The New York Times, and other major media outlets. She is a nutrition writer, recipe developer, and food photographer.

Abby's blog is read in over 100 countries, and her social media accounts on [Twitter](#) and [Facebook](#) are a go-to for nutrition myth debunking and celebrity diet takedowns. Her nutrition philosophy is to promote a healthy relationship with food and eating while empowering people to turn their backs on pseudoscience and celebrity diet culture.

Abby lives with her husband and two daughters in Toronto, Canada.