



My name is Jackie Henderson. I graduated with a B.S. in Dietetics from Fontbonne University and completed an internship at the St. Louis VA Medical Center in 2002.

I was honored when asked to remain as an employee following the internship. During my first year I practiced Mental Health, then spent 5 years in outpatient nutrition counseling.

The continued growth of information in the arena of nutrition fascinates me. In a world full of food-myths and fads I enjoy being a source of sound nutrition advice that thrives on evidenced-based recommendations. Providing care for the unique nutrition needs of each veteran we serve here, whether it is with the purpose of healing a wound or preventing nutrition-related diseases, is extremely fulfilling for me. As a dietitian, it is my goal to individualize every interaction and always connect healthy eating to enjoyment of food. I am thrilled to be a part of the dynamic Spinal Cord Injury team.

I am available in our outpatient clinic to provide nutritional instruction on lowering cholesterol, managing diabetes or any other nutritional concerns.

Please feel free to contact me with any questions.

I can be reached in my office (2N59A) or at 314-652-4100 or 800-228-5459, ext. 66135.