

Haleh Olsen is a body positive, science-focused nutritionist helping virtual clients around the world.



With two master's degrees and more than a decade of experience, she helps people make friends with their food. She opened Honu Nutrition in 2015, naming it after the Hawaiian word for "sea turtle," a symbol of **navigation, peace, and long life**.

When she was 10 years old, Haleh's otherwise healthy grandfather was diagnosed with an aggressive form of cancer, and given weeks to live. But thanks to his dedicated medical team (including a nutritionist), he lived several more years. Haleh saw the way nutrition helped her grandfather, and felt inspired to learn as much as she could about food and the body.

Today, **Haleh helps her patients create positive relationships with food**. She believes we can be healthy at any size, and advocates for balanced lifestyles over restrictive diets. For Haleh, nutrition is about so much more than weight management. It's about connection, food counseling, and treating the whole person—mind and body.

With Haleh, there is no judgment. She will tell you there are no good or bad foods, just fuel for the body. It's all about figuring out what works for each unique person at each stage of life.

She shares in her clients' joys, and supports them through the tough moments. In the end, **clients walk away with greater trust in themselves, and the ability to fuel their bodies with good food, confidence, and self-love**.

Warning: Haleh's sweet pup Butters often pops up during your appointment; her areas of specialty include: snoring and barking at random times.



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