

Raquel Durban is a registered dietitian specializing in the dietary management of families with food allergies. She received her MS degree in nutrition from the University of Maryland and completed a nutrition internship at the University of North Carolina at Greensboro.

Raquel is a steering committee member of the International Network of Dietitians and Nutritionists in Allergy and serves on the numerous medical advisory boards of non-profit allergy focused organizations. She also values her role in academia by contributing to continuing medical education programs and peer reviewed publications. Raquel also participates in the American College and American Academy of Allergy, Asthma and Immunology (ACAAI and AAAAI) where she serves on the organizations' numerous committees, collaborating with other health care professionals and patient advocacy groups to improve the quality of life and advance understanding for families living with food allergies.

Every opportunity to counsel and educate is viewed with honor and empathy. Raquel will develop practical plans and education to meet the patients and clinicals where they are in their journey. There is not a one size fits all answer for success and success is not linear! She will work to find the best balance of meeting nutritional needs with lifestyle demands and ensure collaboration with other members of the care team.