

Xenia Averkiou, MS, RDN, CDCES

Xenia Averkiou is a Registered Dietitian and Certified Diabetes Care and Education Specialist and works at the University of Washington Diabetes Institute. She has an MS in Nutritional Sciences from the University of Washington. She has been providing diabetes education for over 17 years both in the US and Europe.

She is passionate for diabetes, nutrition, and diabetes-technology education. She believes that diabetes education must be individualized and patients must be educated, empowered, and supported to self-manage their diabetes on an ongoing basis.