Stephanie May, MS, RD, CSSD, CDN

Stephanie is a campus dietitian and board-certified sports dietitian who has been working with Sodexo for more than seven years. On the William & Mary campus, she works with individual athletes, teams, coaches, and trainers to educate them on fueling their goals at home and on the road.

Stephanie studied dietetics at the College of Oneonta and moved on to complete her master’s degree in clinical nutrition at Stony Brook University. She followed her passion for sports and helping athletes by becoming a board-certified specialist in sports dietetics (CSSD).

Throughout her own athletic and nutrition career, Stephanie has seen the dedication, drive, and commitment that both athletes and their coaches have for their sport. When athletes make nutrition a priority, they can energize their workouts, improve their recovery, and set themselves apart from their competition.