



PBH 2017 Supermarket Dietitian of the Year

Johna Mailolli, RD

Retail Registered Dietitian, Wakefern/Shoprite



In 2009, I earned my Bachelors of Science degree in Food Science and Nutrition from Montclair State University. In 2011, I completed my dietetic internship at Montclair State University. For five years I worked in various areas of the clinical field including a hospital, rehab center, and a long term care facility.

Before joining Inserra Supermarkets Inc. in September 2016 at Shoprite of Tallman as a retail dietitian, I worked in Northern Texas at a state facility for individuals with developmental disabilities. In addition to being a Registered Dietitian, I am a certified health coach and personal trainer with the American Council on Exercise.

My nutrition philosophy: “People will often look at nutrition and health in the short term; however, health and nutrition is reflected by what we do in the long term. It is an investment that we can never stop contributing towards because there is no better prize in life than being in good health!”

Why are you passionate about fruits and vegetables?

As a child I was a picky eater who would eat the same foods with little to no fruits or vegetables. I was resistant and often fearful of trying new foods, especially fruits and vegetables. As I grew older, I broke free from this fear by becoming adventurous in trying new fruits and vegetables. Over time, my fear faded away and I began to love fruits and vegetables. I share my childhood story with parents and kids who are going through the same situation. I encourage kids to be fruit and vegetable “explorers”. I remind them that our taste buds change every few years and just because you don’t like some fruits or vegetables now doesn’t mean that won’t change later like it did for me.