



Hope Lima, PhD, RDN, IBCLC

Hope Lima became an International Board Certified Lactation Consultant (IBCLC) in 2017, completed her PhD in nutritional biochemistry in 2018, and became a Registered Dietitian Nutritionist (RDN) in 2020. In 2022, Hope earned the FARE Certificate of Training in Pediatric Food Allergy and provides care for families struggling with food allergies. In addition to owning and operating Hope Feeds Families, Hope is an Assistant Professor at Winthrop University in the Department of Human Nutrition. At Winthrop, Hope runs a research lab that focuses on helping mothers reach their infant feeding goals, improving access to human milk, and analyzing the nutritional content of human milk.