



Registered Dietitian – Nutritionist Christopher J. Barrett MS, RD, CSCS

Hartford HealthCare
Bone & Joint Institute
at Hartford Hospital

Christopher Barrett is the registered dietitian-nutritionist in the Center for Musculoskeletal Health at the Bone & Joint Institute. He is a board certified registered dietitian and accredited through the Academy of Nutrition and Dietetics. Additionally, he is a certified strength and conditioning specialist (CSCS) through the National Strength and Conditioning Association (NSCA) and has trained athletes ranging from middle schoolers to semi-professionals. He has several years of experience in clinical nutrition and sports performance. In addition to clinical nutrition work, he enjoys teaching and mentoring dietetic interns and athletes. He has over a decade of experience coaching cross country and track & field at Greens Farms Academy. He received his Bachelors of Science in Exercise Science from Sacred Heart University and an additional Bachelors of Science from University of New Haven in Nutrition and Dietetics. He also completed a Master of Science from University of New Haven in Human Nutrition; then went on to complete his dietetic internship at Yale New Haven Hospital. His personal philosophy with all of his patients and athletes is to build trust through relationships that will help them cultivate the best version of themselves.

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