

STRENGTHS

- Compassionate Care**
Cultivated strong bonds with patients by actively listening to their concerns and providing tailored nutritional support during tough times.
- Team Player**
Collaborated effectively with healthcare providers, ensuring cohesive care strategies promoting improved patient outcomes.
- Adaptability**
Adapting quickly to changing patient needs and new information, ensuring continued quality in dietary recommendations.
- Initiative**
Launched community-focused wellness seminars to promote informed dietary choices, enriching local health literacy.
- Effective Educator**
Simplified complex nutritional concepts for patients, leading to increased engagement and commitment to healthy lifestyles.

SKILLS

Clinical Nutrition	Patient Education
Evidence-Based Practice	
Nutritional Assessment	
Healthcare Collaboration	
Quality Improvement	
Community Nutrition	
Care Planning	
Nutritional Guidelines	
Wellness Promotion	
Chronic Disease Management	
Research Skills	Food Safety

SUMMARY

Dedicated Clinical Dietitian committed to enhancing patient wellness through tailored nutritional assessments and education. Expertise in collaborating with multidisciplinary healthcare teams to develop individualized care plans based on evidence-based practices. As a Registered Dietitian Nutritionist (RDN), seeks to leverage skills in a dynamic environment. Strong focus on mentorship and professional development while ensuring optimal patient outcomes and meeting compliance standards.

EDUCATION

Bachelor's Degree in Dietetics
University of Mississippi GPA: 3.8 2026 Jackson, MS
Coursework: Nutrition Education, Medical Nutrition Therapy, Community Nutrition, Nutrition Research

TECHNICAL SKILLS

- Nutrition Software:** MyFitnessPal, Cronometer, NutriAdmin
- Research Tools:** SPSS, NVivo, R
- Assessment Techniques:** 24-Hour Recall, Food Frequency Questionnaire, Dietary Records
- Communication Tools:** Microsoft Teams, Zoom, Google Meet
- Database Management:** SQL, Access, Excel
- Visual Presentation Tools:** PowerPoint, Canva, Prezi
- Professional Networks:** Academy of Nutrition and Dietetics, Malnutrition Quality Improvement Initiative
- Regulatory Standards:** HACCP, USDA Guidelines, FDA Regulations
- Remote Monitoring Tools:** Teladoc, HealthTap, Zocdoc
- Quality Control Processes:** ISO 9001, Six Sigma, Continuous Improvement

EXPERIENCE

- Clinical Dietitian Intern**
University Project January 2026 – June 2026 Jackson, MS
- Provided comprehensive nutritional assessments for diverse hospital patients, customizing care plans to address specific needs. Collaborated effectively with healthcare teams and engaged patients in nutritional education aimed at managing chronic conditions. Developed programs that facilitated community outreach focused on healthy lifestyle choices.
- Conducted detailed nutritional assessments and created individualized care plans.
 - Educated patients and families about nutrition for managing health conditions.
 - Led community wellness initiatives promoting healthy eating habits.
 - Applied updated nutrition guidelines ensuring compliance with standards.
 - Engaged in continuous quality improvement efforts to enhance patient satisfaction.
 - Mentored fellow interns throughout clinical rotations.
- Nutrition Research Assistant**
University Research Lab September 2025 – December 2025 Jackson, MS
- Supported significant dietary research projects focusing on chronic disease management through data collection and analysis. Assisted in preparing scientific materials for conferences and publications, contributing to knowledge dissemination among peers. Collaborated on understanding the connections between nutrition and patient outcomes.
- Assisted in researching dietary effects on chronic diseases.
 - Participated in developing materials for academic presentations.
 - Worked with an interdisciplinary team investigating nutrition impacts.
 - Compiled community outreach resources promoting healthy eating techniques.
 - Joined workshops focused on contemporary nutrition and health trends.

Menu Planning Dietary Analysis

Health Coaching

LANGUAGES

English Native

Spanish Intermediate

MY CAREER



- Clinical Dietitian Intern at University Project (5 Months)
- Nutrition Research Assistant at University Research Lab (3 Months)

LEADERSHIP & AWARDS

- Dean's List, University of Mississippi, 2024-2026

CERTIFICATIONS

- Registered Dietitian Nutritionist (RDN) 📅 2026

PROFESSIONAL AFFILIATIONS

- Member, Nutrition and Dietetics Student Association, 2024-2026
- Volunteer, Local Food Bank, 2025

ADDITIONAL INFORMATION

Work Status : Authorized to work in United States. No sponsorship required.

REFERENCES

AVAILABLE ON REQUEST