

Eva Sanders

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SUMMARY

Passionate Registered Dietitian Nutritionist prepared to enhance patient care within the healthcare setting. Proficient in delivering Medical Nutrition Therapy through evidence-based approaches that improve outcomes. Demonstrated success in developing customized dietary plans based on comprehensive nutritional assessments. Encourage wellness education for patients and families, fostering sustainable lifestyle changes. Collaborative team player with experience mentoring interns and promoting professional growth. Eager to leverage expertise at Morrison Healthcare and contribute positively to patient satisfaction and overall clinical excellence.

EDUCATION

Bachelor of Science in Nutrition and Dietetics
University of Texas at San Antonio GPA: 3.8
Coursework: Nutrition Assessment, Clinical Nutrition, Food Service Management, Public Health Nutrition

2026
San Antonio, TX

TECHNICAL SKILLS

- **Nutrition Software:** NutritionCalc, Quest Diagnostics, Epic
- **Data Analysis Tools:** Excel, SPSS, R
- **Presentation Tools:** PowerPoint, Prezi, Canva
- **Dietary Guidelines:** USDA Dietary Guidelines, ADA Standards, DGA
- **Clinical Assessment Techniques:** Screening Tools, Anthropometry, Biochemical Assessment
- **Communication Tools:** Zoom, Slack, Microsoft Teams
- **Community Nutrition Strategies:** Workshops, Cooking Classes, Nutritional Fairs
- **Healthcare Compliance:** HIPAA, Joint Commission Standards, FDA Regulations
- **Nutrition Education Resources:** Healthy People 2030, Medline Plus, Nutriweb
- **Mentorship Programs:** Intern Training, Peer Support, Evaluation Feedback

SKILLS

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|---------------------------|--------------------------|-----------------------------|--------------------------|
| • Clinical Nutrition | • Team Collaboration | • Food Safety | • Healthcare Regulations |
| • Patient Education | • Public Speaking | • Dietary Assessments | • Medical Terminology |
| • Evidence-Based Practice | • Nutritional Counseling | • Community Outreach | • Nursing Collaboration |
| • Data Analysis | • Quality Improvement | • Therapeutic Diet Planning | |

EXPERIENCE

Clinical Nutrition Intern
University Project

January 2026 - Present
San Antonio, TX

Supported patient nutrition through rigorous assessments and collaborative planning in a clinical internship focused on improvement of health outcomes.

- Conducted comprehensive nutritional assessments for a diverse patient population in a simulated clinical environment.
- Developed individualized care plans that promote recovery and improve health outcomes using evidence-based guidelines.
- Collaborated with a multidisciplinary team to enhance patient satisfaction and service quality in a mock outpatient clinic.
- Delivered educational presentations on nutrition and wellness strategies to peers and faculty, receiving positive feedback for clarity and engagement.
- Participated in QAPI initiatives aimed at improving clinical performance and patient care delivery standards.
- Supported the training of junior interns through mentorship and knowledge sharing during practical sessions.

Nutrition Research Assistant
Academic Research Lab

September 2025 - December 2025
San Antonio, TX

Engaged in vital nutrition research focused on dietary interventions for pediatric patients, contributing significantly towards scientific understanding and community outreach.

- Assisted in conducting research on dietary interventions for pediatric patients with gastrointestinal disorders, utilizing advanced data analysis techniques.
- Contributed to the development of research protocols and patient recruitment strategies, enhancing the study's outreach and effectiveness.
- Prepared and presented findings at university conferences, showcasing the impact of nutrition on pediatric health outcomes.
- Collaborated with faculty and graduate students to analyze research data and draft reports for publication.

- Engaged in community outreach programs to promote nutritional education among families and children.
- Implemented feedback from research findings to improve educational materials for public distribution.

LEADERSHIP & AWARDS

- Dean’s List, University of Texas at San Antonio, 2024-2026
- First Place, University Nutrition Challenge, 2025

CERTIFICATIONS

- Registered Dietitian Nutritionist (RDN)  2026
- ServSafe Food Handler  2025

PROFESSIONAL AFFILIATIONS

- Member, Student Dietetic Association, 2024-Present
- Volunteer, Community Health Fair, 2025

LANGUAGES

- English (Native) • Spanish (Proficient)

ADDITIONAL INFORMATION

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

REFERENCES

AVAILABLE ON REQUEST