

STRENGTHS

- Empowering Collaborator**
Fostered trust and communication between interdisciplinary teams, leading to shared success.
- Research Contributor**
Played key role in multiple publications, seamlessly integrating research into actionable strategies.
- Compassionate Mentor**
Guided athletes on sound nutrition practices, earning their respect and trust.
- Dedicated Educator**
Conducted informative workshops, reinforcing knowledge through engagement and interaction.
- Analytical Thinker**
Applied strong analytical skills to assess nutritional programs keeping goals transparent and measurable.

SKILLS

- Nutritional Assessment
- Performance Nutrition Programming
- Counseling and Education
- Research and Data Analysis
- Interdisciplinary Collaboration
- Electronic Health Records Management
- Nutritional Epidemiology
- Clinical Nutrition Sports Nutrition
- Community Health Promotion
- Dietary Strategy Development
- Data Collection Techniques
- Workshop Facilitation

SUMMARY

Dedicated Performance Dietitian with over four years of experience in optimizing nutritional strategies for athletes and military personnel. Proven expertise in evidence-based nutrition planning, counseling, and program development. Holds a Master’s degree in Nutrition Science along with certifications as a Registered Dietitian and Certified Specialist in Sports Dietetics. Capable of conducting research while collaborating with multidisciplinary teams to enhance performance and recovery. Committed to supporting the health and wellness of Special Operations Forces through innovative nutrition solutions that bolster resilience and effectiveness during training.

EXPERIENCE

Performance Nutrition Specialist

University Project June 2024 - Present Remote

- Role centered on developing and implementing tailored performance nutrition programs aimed at collegiate athletes, focusing on recovery and performance empowerment. Provides valuable insights into dietary strategies driving athletic excellence within a fast-paced, academic environment.
- Developed and implemented performance nutrition programs addressing the unique needs of collegiate athletes.
 - Conducted individual counseling sessions providing education on nutrition best practices for recovery.
 - Collaborated closely with coaches to craft nutrition protocols enhancing strength training outcomes.
 - Maintained detailed records of dietary assessments and plans across a diverse athlete group.
 - Presented research findings impacting perceptions of nutrition in athletic performance to university stakeholders.
 - Organized engaging nutrition workshops promoting awareness among athletes.

Nutrition Research Assistant

Student Lab August 2022 - May 2024 Nashville, TN

- Contributed significant research initiatives geared towards uncovering optimal nutritional patterns for high-performance athletes. Ensured adherence to ethical research standards and collaboration across varied teams for impactful outcomes.
- Supported research projects exploring critical nutritional needs among high-performing athletes.
 - Participated in design and execution of studies assessing dietary interventions on performance metrics.
 - Engaged in data collection and analysis securing validity of results for publication purposes.
 - Created educational materials fostering comprehensive community outreach efforts on nutrition.
 - Attended regular training sessions advancing knowledge in sports nutrition methodologies.
 - Participated actively in team meetings strategizing future directions of research objectives.

Dietetic Intern

Academic Research June 2021 - July 2022 Nashville, TN

- Gained comprehensive insights through a rigorous internship focused on clinical and community nutrition directly enhancing patient care standards. Worked alongside registered dietitians ensuring delivery of tailored nutrition strategies.
- Completed thorough internship encompassing both clinical and public nutrition modalities.
 - Assisted with creating individualized meal plans responsive to diverse health conditions.
 - Conducted educational workshops fostering healthy eating habits within the community.
 - Collaborated seamlessly with healthcare professionals prioritizing patient progression documentation.
 - Partook regularly in interdisciplinary discussions enhancing collaborative patient care strategies.
 - Attained updated knowledge through ongoing professional development seminars beneficial for practice.

Patient Care Coordination

Healthy Eating Advocacy

LANGUAGES

English Native

Spanish Proficient

MY CAREER



● Performance Nutrition Specialist at University Project (2.1 Years)

● Nutrition Research Assistant at Student Lab (1.8 Years)

● Dietetic Intern at Academic Research (1.1 Years)

LEADERSHIP & AWARDS

- Dean's List, University of Tennessee (2022, 2023)
- Winner, University Nutrition Challenge (2023)

EDUCATION

Master's Degree in Nutrition Science

University of Tennessee 🎓 GPA: 3.9 📅 2024 📍 Nashville, TN

Coursework: Nutritional Epidemiology, Clinical Nutrition, Sports Nutrition, Community Health

CERTIFICATIONS

- Registered Dietitian (RD) 📅 2022
- Certified Specialist in Sports Dietetics (CSSD) 📅 2022
- Basic Cardiac Life Support (BCLS) 📅 2022

TECHNICAL SKILLS

- **Nutrition Software:** NutriAdmin, Food Processor, Inc.
- **Data Analysis Tools:** SPSS, SAS, Excel
- **Health Record Platforms:** Epic, Cerner, Meditech
- **Communication Tools:** Slack, Zoom, Microsoft Teams
- **Presentation Software:** PowerPoint, Canva
- **Web-Based Research Databases:** PubMed, Google Scholar, Scopus
- **Public Health Guidelines:** CDC, WHO, USDA
- **Fitness Tracking Tools:** MyFitnessPal, Fitbit, Strava
- **Cooking Techniques:** Nutritional Cooking, Meal Prep, Recipe Development
- **Clinical Evaluation Methods:** Nutraceuticals Assessment, Biochemical Testing, Dietary Recalls

PROFESSIONAL AFFILIATIONS

- Member, Nutrition and Dietetics Association
- Volunteer, Local Community Health Fair

ADDITIONAL INFORMATION

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

REFERENCES

AVAILABLE ON REQUEST