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CURRICULUM VITAE

PROFESSIONAL AFFILIATIONS

American Dietetic Association, R538038
SCAN - ADA Practice Group (Sports, Cardiovascular and Eating Disorder
Nutritionists)
American College of Sports Medicine
American Diabetic Association
California Dietetic Association, Los Angeles District

WORK EXPERIENCE

1984- Present

NutritionWorks owner/consultant in private practice, specializing in sports nutrition and weight management. Private consultation focus on:

- 1) weight management, especially regarding disordered eating patterns and persons with risk and/or diagnosis of cardiovascular disease and diabetes
- 2) sports nutrition
- 3) maternal, infant and child nutrition
- 4) lifestyle nutrition/wellness

1994- Present

More Than Food - owner/food and nutrition consulting company

Nutrition project consultation with the following organizations

County of Los Angeles Fire Department - present nutrition seminars to fire department staff and provide individual nutrition counseling 2003 - present

Wasserman, Cooperman and Carter; Glassman, Browning and Saltzman; Jaffe and Clemens - Legal expert witness for child support cases. Nutrition assessment of child's needs, meals planning and pricing of menus to meet child's nutrition needs 2002 - present

McDonald's Operators of Southern California 1992-4, 2001 - present
Nutrition consultant; media spokesperson;

Help design Salads and More menu; train McDonalds staff
Train and mentor dietetic interns
Present nutrition workshops for parents and community groups
Developed nutrition education curriculum for middle school students 1992
Presented nutrition workshops for teachers and nurses 1993-4
Nutrition consultant/writer for video re: nutrition and fitness 1993
Author, consultant for pamphlet, *Nutrition For Sport* 1994
Coordinator, nutrition services "McSoccerFest" 1994

Phase 4 - Nutrition consultant for scientific sports training facility 2005

American Cancer Society - Volunteer nutrition task force member
Media representative, speaking engagements, professional and volunteer trainings 1985-1996

Taking Control - volunteer training and presentations

Better Choices - co-author/trainer/presenter

Smoking Cessation and Weight Management - volunteer trainer/presenter

Mother Was Right Campaign - radio spokesperson/ CDA convention representative

ACS planning committee for May/1996 Nutrition Conference; speaker at same conference, *Dining With Delight: The art of eating out healthfully*

UCHA - Menu development; food service evaluation 1995-6

Pyramid's Restaurant - Menu development; nutrient assessment and recipe standardization; newsletter nutrition editor; nutrition training and education for waitstaff 1995

Junior's Restaurant - Menu nutrient assessment and new menu item development 1994-5

Pacificare/Senior Fit Nutrition Advisor - program development/lecturer/ radio spokesperson 1993

Los Angeles County - Expert witness, Mendley v. County of Los Angeles Case No. BC 017558
Research coordinator re: Food Costs for General Relief Fund Recipients 1991

National Women's Fitness Network - nutrition editor and writer for monthly newsletter 1990-91

Family Planning Centers of Greater Los Angeles-Developed/implemented protocols for CPSP nutrition services, including staff training 1990

Los Angeles Sports Medicine - Guest lecturer and newsletter author 1988-90

Vantage Point Productions- Video/*Post-partum Nutrition and Fitness* 1988

Nutrition lectures/seminars

FAA - *Food For Flight*, 2005

AYSO - *Fuel Your Fitness*, Southern Regional Convention, 2005

Orange County Dietetic Assc - *Counseling in Nutrition Therapy*, 2005

Kaiser Panorama City Pediatrics Department - *The Supersized Child*, 2004

PHF-WIC Dietetic Internship Program - *Weight Management and Eating Disorders* 1996-2003

LA Dietetic Internship Consortium Guest Lecturer

- *Eating Disorders* 1995-2004

- *Sports Nutrition* 1995

UCLA Extension - Guest Lecturer/*Sports Nutrition For Children* 1995

Nat'l Assc. Caterers and Event Planners - November/1995

Beach Cities Health Project/Parent Workshop - *Child Nutrition* 1994

CSULB Dietetic Program - *Sports Nutrition* 1994, 1995

San Gabriel Valley Dietetic Assc Guest Lecturer - *Sports Nutrition* 1994

Los Angeles District Westside Education Program - *Sports Nutrition* 1994

National Restaurant Association/Los Angeles Chapter - *Nutrition For Profit and Patron Satisfaction* 1993

Pepperdine University/Dept of Residential Life - *Nutrition For Campus Chaos* 1993

California Institute of the Arts - *Nutrition for Performing Artists* 1992-3

UCLA Extension Guest Lecturer - *Healthy Children, Healthy Start* 1993

- *Nutrition and Pregnancy* 1993

UCLA Neuropsychiatric Institute Staff Training - *Nutrition At Work* 1993

Industry Hills Swim Team - *Nutrition and Performance* 1994

Ventura County Unified School District - *Nutrition Supported Recovery* 1993

National Medical Enterprises - Weight Management; Wellness lectures 1990-4

CitySport Magazine BODYBEAT Convention, *The Starvation in Fitness* 1992

National Strength Coaches Seminar - Torrance, CA *Nutrition and Athletic Performance* 1991

Westchester Women's Group - *Nutrition for the Gourmet* 1991

Women of Iron - Nutrition consultant and lecturer 1991

Pilgrim Group - Weight management workshops 1991

Women in Management - *Managing Vitality in the Workplace* 1990

US Tennis Association - *Nutrition For The Young Athlete* 1990

City of Hope Lecture - *Cholesterol and Heart Health* 1989

Posh Talks; Nutrition lecture series for Bermuda Star Cruise Lines 1988

The Broadway of Southern California - Nutrition lecture series 1988-9

Broadway Gymnastics School - *Nutrition For Athletes* 1988

City of Glendale - Weight Management; Wellness lectures 1988-90

Hardy Child Nutrition Annual Training Workshops (1987/1989/1990)

USC/CMC Family Practice Residency Program - *Cardiovascular Nutrition -1988*

Western Airlines - Weight management workshops 1988

PHF-WIC Program Staff Development - Fitness First 1987

The Fitness Studio - *Nutrition and Athletic Performance* 1986

Temple Kehillath Israel - *The Art of Healthful Dining* 1986

Burbank Community Softball League - *Nutrition and Athletics* 1985

APHA Convention - Poster Presentation *Nutrition and Dental Health* 1984

Alemany High School - *Nutrition for the Teen Years* - 1982-86

El Camino College Cable Network - *Nutrition and Breastfeeding* 1982

LA County Health Services - *Nutritional Status of Southeast Asians* 1981

Publications

Eating Right For Life, Winter, 2003, Muscle and Fitness Hers, pg 31-38
Performance Nutrition, Winter 2000, Muscle and Fitness Hers, pg 126-9

Nutrition For Sport (pamphlet) 1994

Managing Vitality In The Workplace (workbook) 1991

Exchange For Fitness Weight Management Program (workbook) 1989

Referenced nutrition expert in various publications, including The Los Angeles Times, Shape magazine, Teen Magazine, Cooking Light magazine, Women in Sport magazine, Men's Health magazine, Outdoor magazine, LACMA Physician (May 17, 1993), The Argonaut newspaper, American Health magazine, City Sport magazine, Flex Magazine, Muscle and Fitness Magazine, Muscle and Fitness HERS, Self Magazine

Professional Publications

Pending "Functional Food: Systems: A Model of Developmental Food Patterns"

2001 Women Physician's Newsletter, *Insulin Resistance*.

Fall/1996 SCAN Newsletter "Insulin Resistance: A New Paradigm For Nutrition Therapy and Weight Management"

Long-term Consulting Contracts/Employment

1990 - Present

UCLA Extension - Lecturer/Certificated Program for Fitness Instructors
Nutrition for Fitness Instructors

UCLA Extension - Program Coordinator and Speaker
Winter/1993 Right Way Weight Management Program
Spring/1996 New Insights In Weight Management
Spring/1997 Nutrition for Active and Athletic Adults (in process)

1993-1995

Pepperdine University Athletic Department - Nutrition consultant/lecturer

1990-1993

Nutrition Consultant - Los Angeles Clippers Professional Basketball Team
Individual counseling; meal planning; group presentations

1988-1992

Women's TRACC Nutrition consultant
Available to TRACC members for nutrition consultation; members included professional, olympic, amateur, and recreational athletes

1985-1990

Marina Athletic Club Nutrition consultant

1982-1995

Santa Monica College Lecturer; Courses included
Nutrition 1 (Basic nutrition)
Nutrition 3 (Current concepts)
Nutrition 5 (Nutrition for sport)

Nutrition 6 (Nutrition for nursing students)

- 1986 Nutrition consultant, SMC track team; basketball camp
- 1990/1991 Selection committee for full time nutrition professor
- 1990-1991 Nutrition consultant, producer and presented for nutrition video *Focus On Nutrition "Healthy Dining"*
- 1992, 1993 Staff development; *Lifestyle Nutrition; Managing Vitality In The Workplace*
- 1994-1995 Designed and implemented nutrition counseling program through student health services

1982-1985

PHF-WIC Nutritionist II

Supervisor/manager for multiple clinic sites. Responsibilities included training professional, para-professional and clerical staff

1979-1982

PHF-WIC Nutritionist I

Nutrition consultant and clinic supervisor for special supplemental food program for women, infants and children (WIC)

EDUCATION

1985 Certified Lactation Educator
UCLA Extension

1983 M.S./Curriculum and Instruction
School of Psychology and Education
Pepperdine University

1979 B.S./Food and Nutrition
Eastern Washington University

1979 Passed ADA Registration Examination R538038

1979- Present CEU's primarily regarding weight management, sports nutrition, eating disorders, CVD, Diabetes, stress management, lifestyle nutrition, psychological and behavioral issues in nutrition counseling