

Education

Doctor of Philosophy

Colorado State University; Department of Food Science and Human Nutrition
Fort Collins, Colorado

Master of Science

Texas Woman's University; Department of Nutrition
Denton, Texas

Dietetic Internship

University of Texas Southwestern Medical Center
Dallas, Texas

Bachelor of Science

University of Illinois; Department of Biology, Graduation with Distinction
Champaign-Urbana, Illinois

Honors and Awards

Global Teaching Scholar, Semester at Sea, 2018
Fellow of the Academy of Nutrition and Dietetics, 2016
Outstanding Honors Academic Advisor, 2016
Outstanding Dietetic Educator Award, Colorado Academy of Nutrition and Dietetics, 2014
Colorado State University Best Teacher Award, 2010
Undergraduate Excellence in Teaching Award, University of North Carolina at Charlotte, 2005

Professional Certifications

Registered Dietitian Nutritionist, Commission on Dietetic Registration, current (RDN)
Licensed Dietitian Nutritionist, current (LDN)
Lifestyle Coach Training, National Diabetes Prevention Program
Certificate of Training in Nutrition Counseling, Academy of Nutrition and Dietetics
Certificate of Training in Treating Gluten-Related Disorders, Celiac Disease Foundation
Certificate of Training in Leadership, Academy of Nutrition and Dietetics
Mindfulness-Based Stress Reduction Training, The Center for Mindfulness

Professional Affiliations

Academy of Nutrition and Dietetics
Society for Nutrition Education and Behavior
Diabetes Care and Education Practice Group
Dietetics Practice-Based Research Network
Weight Management Dietetic Practice Group
Gamma Sigma Delta Honor Society

Professional Experience

2023	Faculty Semester at Sea The Institute for Shipboard Education
2018-present	Faculty Department of Nutrition Sciences East Carolina University Greenville, NC
2018	Faculty Semester at Sea The Institute for Shipboard Education
2006-2018	Director, Kendall Reagan Nutrition Center Department of Food Science and Human Nutrition Colorado State University Fort Collins, CO
2006-2018	Assistant Professor Department of Food Science and Human Nutrition Colorado State University Fort Collins, CO
2000-2006	Assistant Professor Departments of Kinesiology; Health Promotion; and Nursing (joint appointment) University of North Carolina at Charlotte Charlotte, North Carolina
2000-2006	Sports Dietitian UNC Charlotte Athletics & Hendrick Motorsports Charlotte, North Carolina
1998-2000	Diabetes Education and Individual Counseling Private Practice
1998	Instructor Department of Nutrition and Community Health University of Northern Colorado Greeley, Colorado