



Kate Butworth

Dietician

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01 PROFILE

Progressive Dietitian with 5+ years experience in encouraging better nutrition by evaluating clients' requirements and giving them advice and help in eating balanced meals. Highly proficient in assessing the efficiency of meal plans and amending them to meet clients' dynamic dietary needs.

02 EMPLOYMENT HISTORY

Jul 2021 — Present
Seattle

Dietician at Absorbfit

Provided dietary aid to resident families, residents, friends, and staff concerning diet constraints and assisted in the Dietary department's preparation, development, and directing.

- Directed company's program for health outreach to decrease obesity in young children and elderly, growing quarterly company income by 8%.
- Followed clients' progress, with 80% of clients achieving their health-related goals within seven months.
- Gave biannual promotional guest lectures at California State University.
- Ran a practice with a turnover of 25+ clients a day.

Jan 2017 — Jul 2020
South Miami Heights

Assistant Dietician at JK Nutrition

Assisted and developed dietary protocols for nutrition and food services to be followed by the department.

- Collected information concerning clients' dietary constraints and nutritional requirements.
- Dispensed daily meals to more than 80 residents.
- Taught residents about suitable and realistic dietary habits.

03 EDUCATION

Jan 2019 — Jul 2021

University of New York

Jacksonville

Bachelor's degree in Food and Nutrition

Major Subjects:

- Nutrition Planning
- Dietary Assessments
- Infant Nutrition
- Geriatric Supplements

Jan 2019 — Dec 2019

Online

Academy of Nutrition and Dietetics

Certified Trusted Nutritionist

Jan 2018 — Dec 2018

Online

Board of Dietetics/Nutrition

Licensed Dietitian Nutritionist (LDN)

04 SKILLS

Dietary Advice



Patient Food Diaries



Recommended Daily Allowance



Food Allergies



05 COURSES

Jul 2021 — Jul 2021

Clinical Dietician at Academy of Nutrition and Dietetics, Online.

Jan 2020 — Jul 2020

Specialists Certified Nutrition Specialist at Board for Certification of Nutrition

06 LANGUAGES

English



Spanish; Castilian



07 ACHIEVEMENTS

- Effectively initiated a modified program for clients, causing a 99% retention rate for clients.
- Created and implemented 11 house therapeutic diets and adjusted seven menus according to the season with menu additions that comply with state and federal guidelines for nutritional therapy.
- Performed quality guarantees on foodservice and nutrition programs while overseeing 32 foodservice and five professional staff members,
- Developed, composed, and implemented a department procedure manual that resulted in remarkable department performance with six years deficiency-free annual Department of Health Review.

