



Kate Butworth

Dietician

Details

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Place of birth

San Antonio

Driving license

Full

Links

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Skills

Dietary Advice



Recommended Daily Allowance



Patient Food Diaries



Food Allergies



Languages

English



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.

Employment History

Dietician, Absorbfit

Jul 2021 – Present 📍 Seattle

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.

Assistant Dietician, JK Nutrition

Jan 2017 – Jul 2020 📍 South Miami Heights

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.

Education

University of New York, Bachelor's degree in Food and Nutrition

Jan 2019 – Jul 2021 📍 Jacksonville


Major Subjects:

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

Academy of Nutrition and Dietetics, Certified Trusted Nutritionist

Spanish; Castilian




Jan 2019 – Dec 2019  Online

Hobbies

Rugby, Soccer, Tennis

Board of Dietetics/Nutrition, Licensed Dietitian Nutritionist (LDN)

Jan 2018 – Dec 2018  Online

Courses

Clinical Dietician, Academy of Nutrition and Dietetics, Online.

Jul 2021 – Jul 2021

Specialists Certified Nutrition Specialist , Board for Certification of Nutrition

Jan 2020 – Jul 2020

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.