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## Kate Butworth, Dietician

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.

### Details

Driving license \_\_\_\_\_ Full Place of birth \_\_\_\_\_ San Antonio

### Employment History

#### Dietician at Absorbfit, Seattle

July 2021 — Present

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 at JK Nutrition, South Miami Heights

January 2017 — July 2020

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

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

January 2019 — July 2021

Major Subjects:

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

**Certified Trusted Nutritionist , Academy of Nutrition and Dietetics, Online**

January 2019 — December 2019

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

January 2018 — December 2018

### Links

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### Skills

Dietary Advice

Recommended Daily Allowance

Patient Food Diaries

Food Allergies

### Courses

**Clinical Dietician at Academy of Nutrition and Dietetics, Online.**

July 2021 — July 2021

**Specialists Certified Nutrition Specialist at Board for Certification of Nutrition**

January 2020 — July 2020

### Languages

**English** Native speaker

**Spanish; Castilian** Very good command

### 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.

### Hobbies

**Rugby, Soccer, Tennis**