

Susan M. Kundrat, MS, RDN, LDN

Owner, [Eat Move Groove, LLC](#)

Clinical Professor Emeritus, University of Wisconsin-Milwaukee

Adjunct Lecturer, University of Illinois Urbana-Champaign

506 Van Buren St., Savoy, IL 61874

Summary of Qualifications

- Registered Dietitian Nutritionist (RDN) and with extensive teaching experience, internship supervision, and practical experience in sports nutrition, wellness, food/nutrition security, counseling, communication, weight management, and MNT.
- Educator and keynote speaker with significant experience in face-to-face, blended, and online teaching platforms.
- 30+ years of experience working with Nutritional Sciences and Dietetics students, undergraduates, graduate students, interns, and student-athletes at the University of Wisconsin-Milwaukee, the University of Illinois at Urbana-Champaign, Iowa State University, Bradley University, Eastern Illinois University, and Northwestern University including curriculum development, professional instruction, student mentoring, etc. at the University of Wisconsin-Milwaukee Kinesiology Department and the University of Illinois Food Science and Human Nutrition Department.
- Significant management and budgetary experience with five years as manager of the SportWell Center at the University of Illinois, grant writing and project coordination with University of Illinois Functional Foods for Health Program, and 13 years as president and founder of Nutrition on the Move, Inc., a nutrition and wellness consulting business in Urbana, IL.
- 35 years of experience working closely with nutritional sciences / Dietetics undergraduate and graduate-level students and practicum interns at the University of Wisconsin-Milwaukee, the University of Illinois at Urbana-Champaign, Iowa State University, Eastern Illinois University, Bradley University, Northwestern University, and various dietetic internships.
- Served as a key professional in the team that developed the University of Wisconsin-Milwaukee Nutritional Sciences Program curriculum.
- Planned, developed, and executed an extensive sports nutrition / wellness undergraduate Dietetics volunteer internship in cooperation with ACEND regulations at the University of Illinois at Urbana-Champaign.

Education

- **Master of Science** – Human Nutrition, Iowa State University (1993)
- **Dietetic Internship** – Beth Israel Hospital, Boston (1989)
- **Bachelor of Science** – Dietetics, Minnesota State University, Mankato (1988)
- **Associate in Arts** – Liberal Arts, Waldorf College (1986)

Employment Experience

March 2023 – Present Owner, Eat Move Groove, LLC

- Founder and owner of Eat Move Groove, LLC, (www.eatmovegroove.com), a nutrition and well-being consulting business focused on enhancing accessibility for consumers to eat, move, and support personal well-being and enhance personal health span.

July 2023 – Present University of Wisconsin-Milwaukee

- **Clinical Professor Emeritus / Joseph J. Zilber College of Public Health**

2015 – July 2023 University of Wisconsin-Milwaukee

- **Clinical Professor of Kinesiology / Clinical Associate Professor of Kinesiology:** Plan, develop, teach, and evaluate a wide range of Nutritional Sciences (NUTR) courses, including NUTR 101: Introduction to the Nutrition Profession; NUTR 230: Introduction to Nutrition for the Health Professions; NUTR 240: Nutrition for Exercise and Wellness; NUTR 350: Nutrition Communication and Education; NUTR 470: Nutrition Internship; and NUTR 580: Sports Nutrition.
- Contribute to the Department of Kinesiology, College of Health Sciences, and the UWM community as a whole. Guest lecture in a variety of Kinesiology, Athletic Training, and Physical Therapy educational projects related to nutrition, wellness, sports, and aging in collaboration with UWM faculty/staff.
- Serve as the Nutritional Sciences Club advisor. Coordinate student experiences, volunteer opportunities, and service learning related to nutrition in the Milwaukee community, specifically with the KINSHIP Food Center and Pantry, The Cathedral Center Shelter, and the Friendship House shelter.
- Serve as a department and college leader in service-learning opportunities and education for undergraduate students.
- Developed Open Educational Resources (OER) for several courses.

2019 – Present University of Illinois Urbana Champaign

- Senior Instructor: Plan, develop, and teach FSHN 595 – Nutrition for Health & Fitness in the Online MS in Food Science Program, Summer 2022, and Summer 2019.

2022 – Present Walla Walla Community College

- Adjunct Faculty: Plan, develop, and teach NUTR 101 – Nutrition, Fall 2022-present.

2012 – 2015 University of Wisconsin-Milwaukee

- **Nutritional Sciences Program Director / Clinical Associate Professor:** Modified the approved course curriculum for the Nutritional Sciences B.S. (new in 2012). Developed the Nutritional Sciences minor. Led the program through exponential growth from 0 students in 2012 to 100 students in the major/intended and 30 in the minor by 2014.
- Developed collaborative partnerships within the UWM community, in Milwaukee, and beyond, including partnerships with The Institute of Urban Agriculture and Nutrition, The Center for Aging and Translational Research, UWM Division of Intercollegiate Athletics, UWM University Recreation, UWM Dance, UWM Norris Health Center Peer Education Program, UWM Stepping Forward Program, The UWM Women's Center, and the UWM LGBT Center on campus.
- In the Milwaukee community, examples of new partnerships include Sendik's Food Markets, Milwaukee Urban Gardens, The Milwaukee Childhood Obesity Prevention Project, Silver Springs Neighborhood Center, Feeding America, and Kasana. Partnerships outside of

Milwaukee include the National Dairy Council, The National Dry Bean Board, Moosewood Restaurant and Cookbooks, the University of Wisconsin Athletic Department, and the Northwestern University Athletic Department.

- Developed the 1st Annual Nutritional Sciences Leadership Symposium open to all CHS undergraduate students in 2014 and continued with a highly successful Nutrition and Exercise symposium in 2015. Developed the Nutritional Sciences Student awards in 2015. Helped student leaders develop the new Nutritional Sciences Club at UW-Milwaukee.

1993 - 2012 University of Illinois, Urbana-Champaign

- **Dietetics Lecturer:** Developed and taught FSHN 229, Communication Techniques in Nutrition (1994-1998); co-taught Nutritional Sciences 461, Nutritional Oncology Specialty (2003); guest lecturer in various Dietetics, Kinesiology, Biology, Theater, Women's Studies, Medicine, Nursing, and Community Health classes (1994-2011); Adjunct Lecturer with FSHN program from 2013-2016; 2020. Served as senior lecturer Summer 2019.
- **Sports Dietitian, Division of Intercollegiate Athletics:** Coordinate and direct sports nutrition program for over 400 DIA athletes including developing individualized performance nutrition plans, coordinating body composition analysis, and presenting team-by-team programs and department LIFE SKILLS programs. Work cooperatively with sports medicine, strength, coaching, and academic services staff (2009-2012). Supervise undergraduate nutrition interns. Served as sports nutrition consultant from 1998-2009.
- **SportWell Director / Sports Nutritionist:** Developed a comprehensive sports nutrition / wellness program as part of a campus wellness center (1993) and also managed the center, supervising professional, clerical, graduate, and undergraduate staff from 1994-1998. Utilized skills in budget management, marketing, technology, strategic planning, and collaborations with academic units. Co-developed a campus-wide body image / eating disorder prevention program and led undergraduate students in a nutrition Peer Education program. Co-developed and co-led McKinley Health Center Eating Disorders Prevention and Treatment Committee.
- **Visiting Research Specialist in Dietetics / Lecturer:** Project leader and RD for USDA IFAFS grant within the Functional Foods for Health program in cooperation with Purdue University and the University of Missouri. Research supervisor for graduate student projects, and research reviewer and content developer for STRATSOY website (1999-2005).

1998 - 2012 President, Nutrition on the Move, Inc., Urbana

- Developed ACEND-driven volunteer sports nutrition and wellness practicum (10 hours/week) for Illinois Dietetics undergraduate students (1998) with 4-8 interns taking part each year since 1998. Served as a practicum site for sports nutrition/wellness for undergraduate students and dietetic interns from several programs, including Minnesota State-Mankato, UW Stout, Bradley University, Illinois State University, Eastern Illinois University, and OSF St. Francis (Peoria).
- Co-developed and co-presented 8-hour sports nutrition trainings (RK Team Nutrition Trainings) for Registered Dietitians, general health practitioners, dietetic interns, and students at 15 sites across the country from 2006-2009. Co-developed the RK Team Nutrition Certified Specialist in Sports Dietetics (CSSD) training workshop and manual for national certification and sports nutrition educational materials and CD-ROMs.
- Developed sports nutrition programs with periodic on-site consulting for collegiate athletic programs, providing program assessment, evaluation, education, and trainings. Included individual and team nutrition programs and educational material development, body composition analysis, and staff education at varying levels for several universities, including Northwestern University, Indiana University, Western Illinois University, University of Evansville, Bradley University, and the University of Chicago.
- Provided individual and group nutrition counseling specializing in sports nutrition, wellness,

weight management, disease prevention, and a range of clinical and educational concerns (vegetarian nutrition, gastro-intestinal health, cardiovascular health, complementary nutrition, etc.).

- Served as consultant Registered Dietitian for Strawberry Fields Natural Food Store, nutrition radio show host for WILL 580-am monthly shows, host for I-Cook online cooking segments, and community education outreach professional.

1991 - 1993 Nutrition Educator, Iowa State University Wellness Center

- Provided individualized nutrition counseling, group education, and campus wellness programming 20 hours/week as a graduate assistant. Developed sports nutrition education trainings for several ISU teams.
- Coordinated and directed nutrition intern program through ISU Dietetics program providing clinical, wellness, and nutrition education experience as part of CADE-affiliated Dietetics undergraduate program at ISU.
- Conducted nutrition education-related research with ISU college students on benefits of nutrition education for a college population.
- Served as the Registered Dietitian and nutrition liaison for the ISU Student Health Center.

1989-1991 Cardiac Dietitian, Mercy Hospital, Des Moines, IA

- Assessed and instructed patients in coronary care unit and Phase I Cardiac Rehab; developed cardiac nutrition educational materials; served as community PR Dietitian within the department.
- Served as a volunteer Mercy Public Relations Registered Dietitian, working closely with area television stations, radio stations, and community groups to provide nutrition education for prevention, wellness, and disease treatment.

Publications

Books / Peer Reviewed Research Articles

- [*Eat Move Groove: Unlock the Simple Steps to Lifelong Nutrition, Fitness, and Wellness \(2024\).*](#)
- “Common Indian Spices and Health Benefits” with Courtney Chramowicz, BS, and Saira Talwar, MS. SCAN PULSE, Winter 2020: 9-12.
- *The Nutrition Edge* (editor), Training and Conditioning (2010)
- “Nonessential Food Components with Health Benefits” in Biochemical, Physiological, and Molecular Aspects of Human Health (Stipanuk); co-authored with Elizabeth Jeffery, PhD, and Anna Keck, PhD (2006).
- *101 Sports Nutrition Tips*, Healthy Learning Inc. (2005).
- “Effects of a Functional Foods Nutrition Education Program with Cardiac Rehabilitation Patients,” with Suzanne Pelletier and Clare Hasler, Journal of Cardiopulmonary Rehabilitation 2003:23.
- “Effects of an Educational Program on Intent to Consume Functional Foods,” with Suzanne Pelletier and Clare Hasler, *Journal of the American Dietetic Association*, Vol. 102 (September 2002):1297-1300.
- “Soy Isoflavones as Functional Ingredients in Women’s Health,” with Clare Hasler, in Phytoestrogens and Health, Gilani & Anderson (ed.), 2002.
- “Nutrition for Volleyball” chapter in Sports Nutrition: A Guide for the Professional Working with Active People, 3rd ed., American Dietetic Assn. January 2000.

Curriculum / Educational Materials / Grants

- Nutrition Education Handouts and Videos for Adults with Disabilities, Illinois Assistive Technology Program (2023)
- “Let’s Get Cooking” cookbook and online training material for adults with disabilities and caregivers for Central Iowa Center for Independent Living (2022)
- RK Team Nutrition CSSD Training Manual, co-authored with Michelle Rockwell, revised (2013)
- DeMarsh, N., Kundrat, S., and Wiggins, B., “Nutrition Education for Young Farmers” \$1,500 grant and educational project through UWM Cultures and Communities Program to educate high school urban farmers in Milwaukee throughout the 2013-2014 school year (2013).
- Kundrat S., and Strath, S. “Understanding Dietary Protein and Nutrient Needs for Seniors,” \$10,000 grant from the National Dairy Council to work with the UWM Center for Aging and Translational Research on a joint project on dairy and seniors (2013)
- “Weight Management for Fitness Professionals” Training Manual and Online Training Program, Human Kinetics (2009)
- “High School Fuel,” handouts and CD-rom program for middle school and high school athletes in cooperation with Michelle Rockwell (RK Team Nutrition), 2009.
- “Sports Nutrition Handouts” and CD-rom for college athletes in cooperation with Michelle Rockwell (RK Team Nutrition), 2008.
- “Sports Dietetics: Practiced, Proven, and Tested” CSSD manual for Registered Dietitians in cooperation with Michelle Rockwell (RK Team Nutrition), 2007.
- “Functional Foods and for Cancer” online CE program for Oncology Nurses and Registered Dietitians in cooperation with Elizabeth Jeffery, PhD, Anna Keck, PhD, and Charlie Santerre, PhD, May 2006.
- “Functional Foods and Cardiovascular Disease” online 6-part CE program for Registered Dietitians and other health professionals in cooperation with Clare Hasler, PhD, and Charlie Santerre, PhD, March 2004.
- Sports Nutrition Author, Gatorade Success Series of 6 educational handouts on food and fluids for football, strength training, endurance athletes, fitness, team sports, and muscle gain, November 2003.
- Content Editor: *Functional Foods Café* Computer Program, University of Illinois Functional Foods for Health Program 2000.
- Project Coordinator: *Functional Foods for Health Educational Kit*, University of Illinois Functional Foods for Health Program, 2000.
- *Sports Nutrition Tip Sheets*, Nutrition on the Move, 1999.
- *Preventing Eating Disorders in Teen Athletes* video in cooperation with the American College of Sports Medicine and Healthy Learning Videos, 1999.
- *Performance Nutrition for Teen Athletes* video in cooperation with the American College of Sports Medicine and Healthy Learning Videos, 1999.
- Directory Editor, SCAN Guide to Nutrition and Fitness Resources, 1999, 1998, and 1997.
- “Coaches Education Series Training Manual,” Parkland College Illinois Gender Equity Project, July 1998.

Articles / Other Publications

- “Self-Publishing Secrets for Success from the Apple Barrel Bar,” Nutrition Entrepreneurs Ventures Newsletter, Summer 2024, page 9.
- Blogger, Christie Clinic Illinois Marathon Weekend: “[The Four Keys of Recovery Nutrition](#)” and “[Pre-Workout Nutrition Tips with Susie Kundrat](#).”
- “Fueling Misfires,” Training and Conditioning, May/June 2016.
- “Seeds of Change,” Training and Conditioning, March 2016.
- “Veggies Galore: Vegan Nutrition,” Training and Conditioning, September 2013.
- “Packing Protein,” Training and Conditioning, September 2012.
- “Fueled for the Course,” Training and Conditioning, February 2012
- “Perfect Setup,” Training and Conditioning, September 2011
- “Preparing for Battle,” Training and Conditioning, October 2008
- “Magic Beans,” Training and Conditioning, October 2007
- “Satiety – Why We Are Full,” Inform Magazine, April 2006
- “Maximizing Fluids for Performance,” Got Game, July 2004
- “Sports Drinks,” Food Product Design, April 2004
- “How Safe Are Ephedra-Free Supplements?” online article for Gatorade Sports Science Institute (www.gssiweb.com), February 2004
- “Sports Nutrition Update,” IDEA Health and Fitness Source, November 2003.
- “Intestinal Health,” Food Product Design, June 2003.
- “Taking Action with Antioxidants,” Food Product Design, April 2003.
- “Functional Foods for Heart Health,” IDEA Health and Fitness Source, February 2003.
- “The DASH Diet,” Food Product Design, November 2002.
- “African American Health Issues,” Food Product Design, September 2002.
- “Immune System Health,” Food Product Design, July 2002.
- “Alcohol and Health,” IDEA Health and Fitness Source, June 2002.
- “Joint Health,” Food Product Design, May 2002.
- “Avoiding a Prescription for Disaster,” Food Product Design, December 2001.
- “Balancing Macronutrients,” Food Product Design, July 2001.
- “Nutrition for Attention Deficit/Hyperactivity Disorder,” Food Product Design, 6/21.
- “Heart Healthy Fats,” Food Product Design, March 2001.
- Sports Nutritionist for 3-part Nutrition Sequence, Men’s Fitness, 2001.
- “ADA Nutrition Report,” IDEA Health and Fitness Source, February 2001.
- “Bad Company,” IDEA Health and Fitness Source, June 2000.
- “Next Generation of Functional Foods,” Nutrition in Complementary Care Newsletter, Summer 2000.
- “High Altitude Nutrition,” Sports, Cardiovascular, and Wellness Nutritionists Web site, www.nutrifit.org/nutrition_information/high_altitude_nutrition.htm, May 2000.
- “Post-Exercise Fueling,” IDEA Health and Fitness Source, April 2000.
- “Communicating Accurate Sports Nutrition Information to Parents,” Nutrition Education for the Public Newsletter, Spring 2000.

- “The Forgotten Fuel,” Champions Magazine, March 2000.
- “Real Life Food Plans,” IDEA Health and Fitness Source, February 2000.
- “Eating Disorders and Young Athletes,” Champions Magazine, January 2000.
- “Sports Nutrition Report,” IDEA Personal Trainer, October 1999.
- “Nutrition Supplements and Antioxidants,” guest sports nutritionist, IDEA Personal Trainer, October 1999.
- “Food Safety Report,” IDEA Health and Fitness Source, September 1999.
- “Engaging the Functional Food Arsenal.” IDEA Health and Fitness Source, February 1999.
- “The New Margarines,” IDEA Personal Trainer, January 1999.
- “Fostering the Sports Nutritionist-Athletic Trainer Relationship,” SCAN PULSE, Summer 1998.
- “Mother Nature’s Little Helpers,” IDEA Health and Fitness Source, February 1998.
- “Combatting Fat Phobia,” IDEA TODAY, April 1997.
- “Sports Nutrition Tips,” Womens’ Sports on Campus, March 1997.
- “Disordered Eating Prevention Programming in a College Setting,” co-authored with Lisa Burgoon, MS/RD, SCAN PULSE, Winter 1996.

Selected Presentations

- “Science to Simple: Making Nutrition Science Accessible and Practical,” Wisconsin Academy of Nutrition and Dietetics Annual Conference, Oshkosh, WI, April 18, 2024.
- “Science to Simple: Making Nutrition Science Accessible and Practical,” Indiana Academy of Nutrition and Dietetics Meeting, Indianapolis, IN, April 12, 2024.
- “How to Eat, Move, and Find Your Groove,” Eureka College Jackson Day Lecture, Eureka, IL, April 2, 2024.
- “How to Eat, Move, and Groove to Boost Lifelong Health and Well-Being, University of Illinois Urbana-Champaign OLLI 4-Part Program, 3/24 – 4/15, 2024.
- “Science to Simple: Making Nutrition Science Accessible,” Illinois Academy of Nutrition and Dietetics Spring Assembly 2024, Springfield, IL, March 23, 2024.
- “From Science to Simple: Making Nutrition Sciences Accessible and Practical.” Iowa Academy of Nutrition and Dietetics Meeting, Ames, November 7, 2023.
- “From Science to Simple: Making Nutrition Science Accessible and Practical.” MySportsDietitian Sports Nutrition Symposium 7.0, June 20, 2023.
<https://www.mysportsd.com/sports-nutrition-symposium-7>.
- “Relative Energy Deficiency in Sport (RED-S): Evaluating the Impact on Health and Performance,” OneOp (former Military Families Learning Network), February 1, 2023.
<https://oneop.org/event/134985/>.
- “Healing Indian Spices: The Path to Wellness,” Sports, Cardiovascular, and Wellness Nutrition (SCAN) Annual Symposium, Phoenix, AZ, April 27, 2019.
- “The Power of Anti-Inflammatory Nutrition,” Burlington Northern and Santa Fe Railway Wellness and Fitness Training Program, Fort Worth, TX, April 9, 2019.
- “RED-S in College Athletics,” University of Wisconsin-Milwaukee Athletics, Physical Therapy/Athletic Training/Kinesiology Programs, October 10, 2018.

- “Relative Energy Deficiency in Sport (RED-S),” Sports Nutrition Symposium, Boise, ID, August 1, 2018. <http://idahodairy.com/event/sports-nutrition-symposium-fuelgreatness/>.
- “Nutrition Recommendations for Young Athletes,” Minnesota Association of Nutrition and Dietetics Annual Meeting, Minneapolis, MN, April 28, 2017.
- “The Power of Protein,” Nebraska Association of Nutrition and Dietetics Annual Meeting, Lincoln, NE, April 27, 2017.
- “The Power of Protein,” invited speaker, Minnesota School Nutrition Association, St. Cloud, MN August 4 and 5, 2014.
- “Sports Supplements,” Southwest Athletic Trainers Association Annual Meeting, Dallas, TX July 18, 2014.
- “Aging and Muscle Loss: Too Young to Worry?” with H. Barkoukis, Society of Nutrition Education and Behavior Webinar (500+ participants), June 19, 2014.
- “Maximizing Muscle Power, Strength, and Recovery with Optimal Nutrition,” Northwestern University Sports Performance Clinic, Evanston, IL June 14, 2014.
- “Sports Nutrition Keys for Coaches,” Illinois Youth Rugby Coaches Conference, Chicago, IL, June 8, 2014.
- “Lactose Intolerance Webinar” with D. Legge, National Dairy Council (1,000+ participants), April 22, 2014.
- “Optimal Sports Nutrition for High School Athletes” invited speaker for to develop and train sports dietitians in the US for the Gatorade/SCAN outreach program; Chicago IL February 25, 2014, and Cincinnati, OH February 27, 2014.
- “The Power Team: Combining Protein and Resistance Exercise for Effective Results,” co-presented with Leslie Bonci, National Dairy Council Webinar, June 23, 2013. <http://wheyprotein.nationaldairyCouncil.org/educational-resources/presentations/>.
- “Sports Nutrition in the Trenches,” University of Georgia Sports Nutrition Training, March 19, 2013.
- “Optimal Nutrition for Maximizing Muscle Fuel,” Great Lakes Athletic Training Association Annual Meeting, Chicago, IL, March 15, 2013.
- “Nutrition Secrets to Healthy Aging,” UWM Kinesiology Seminar, March 1, 2013.
- “Energy Thermodynamics Revisited: A Strategy for Improving Body Composition and Performance” co-presented with Dan Benardot, PhD, RD, FACSM, International Society of Sports Nutrition Meeting, Tampa, FL, February 23, 2013.
- “Training and Recovery: Coaching Athletes on the ‘Why’ and ‘How’ to Optimize Performance with Whey Protein, co-presented with Leslie Bonci, MS, RD, CSSD, National Strength and Conditioning Meeting, Nashville, TN, January 5, 2013.
- “The Secrets of Healthy Aging: Maximizing Muscle, Movement, and Mobility,” co-presented with Doug Paddon-Jones, PhD, Academy of Nutrition and Dietetics Food and Nutrition Conference and Expo, Philadelphia, PA, October 8, 2012.
- “Sports Nutrition in the Trenches,” Wisconsin Dietetic Association Annual Meeting, Stevens Point, WI, April 18, 2012.
- “Sports Nutrition Keys: Maximizing Performance for Athletes and Active People,” American College of Sports Medicine Central States Annual Meeting, Overland Park, KS, October 21, 2011.

- “What AND When: The Importance of Timing to Optimize Athletes’ Nutrition” with co-presenter Dan Benardot, National Strength and Conditioning Association Annual Meeting, Las Vegas, NV, July 6, 2011.
- “Sports Nutrition: Separating Fact from Fiction,” Wisconsin Dietetic Association Annual Meeting, Lake Geneva, WI, April 7, 2011.
- “Maximum Nutrition for Performance,” Hope College Distinguished Lecture Series in Sports Medicine, Holland, MI, October 4, 2010.
- “Sports Nutrition Playbook,” 8-hour comprehensive trainings with Michelle Rockwell: 2009 locations - New York City, Los Angeles, Atlanta; 2008 locations – Minneapolis, Boston, Chicago, Los Angeles, St. Louis; 2007 locations – Blacksburg, VA, Stillwater, OK, Boston, Chicago, Dallas, Girardeau, MO; 2006 location – Washington, DC.
- “Sports Nutrition Research Update,” National Basketball Association (NBA) Athletic Trainers Association Annual Meeting, Chicago, IL, May 28, 2009.
- “Managing Weight Changes in Athletes,” National Collegiate Strength Trainers Annual Meeting, Nashville, TN, May 7, 2009.
- “Gaining Lean Muscle and Losing Bodyfat for Baseball Players,” Major League Baseball (MLB) Athletic Trainers Annual Sports Medicine Meeting, Phoenix, AZ, March 15, 2009.
- “Sports Nutrition Supplements,” Iowa Athletic Trainer’s Conference, Bettendorf, IA, May 31, 2008.
- “Sports Nutrition Keys for Performance,” Colorado Dietetic Association Annual Meeting, April 18, 2008.
- “Sports Nutrition Keys,” South Padre Athletic Trainer’s Conference, South Padre, TX, June 9, 2007.
- “Hydration and Performance,” VARSITY Cheer and Dance Camp Instructors, Lake Geneva, WI (May 2007); Memphis, TN (May 2007); Memphis, TN (May 2006); Lake Tahoe, CA (June 2006); Lake Geneva, WI (June 2006); Lake Geneva, WI (June 2004)
- “Breakfast Training Table,” Sports, Cardiovascular, and Wellness Dietitians (SCAN) Annual Meeting, Austin, TX, April 14, 2007.
- “Sports Nutrition and Body Image Keys,” Midwest Athletic Trainers Association Meeting, Chicago, IL, March 8, 2007.
- “Nutrition Keys for Football,” American Football Coaches Association Annual Meeting, San Antonio, TX January 8, 2007.
- “Sports Nutrition Keys for Success,” Iowa Athletic Trainers Meeting, Ames, IA, June 3, 2006.
- “Sports Nutrition and Wellness,” Illinois Health and Physical Education Teachers Conference, Starved Rock State Park, IL, April 27, 2006.
- “Sports Nutrition and Eating Disorders Prevention,” Illinois Farm Bureau Teachers Conference, Moline, IL, February 2, 2006.
- “Nutrition Keys for Training and Performance,” USA Cheerleading Pro Camp, August 2, 2005, Los Angeles, CA.
- “Altering CNS Metabolism – Practical Applications,” Gatorade Sports Science Institute 2005 Scientific Conference, July 14, 2005, Chicago, IL.
- “Optimizing Safety and Performance Through Fluids and Foods,” National Athletic Trainers Association Annual Meeting, June 13, 2005, Indianapolis, IN.

- “Sports Nutrition Keys,” South Padre Athletic Trainers Seminar, South Padre, TX, June 6, 2004.
- “Accepting the Challenge: Embracing a Fit Lifestyle “, Keynote - Ohio WIC State Conference, Columbus, OH, April 30, 2004.
- “Ephedra-Free Supplements – Concerns for Major League Baseball,” Major League Baseball Athletic Trainers meeting, Tucson, AZ, March 5, 2004.
- Sports Nutrition for Collegiate Football Coaches,” NE (Lincoln, July 2003); South Carolina (Greenville, July 2003); North Carolina (Greensboro, July 2003); Arkansas (Fayetteville, June 2003).
- “Food as a Supplement,” National Strength and Conditioning Association Annual Meeting, Indianapolis, IN, July 18, 2003.
- “Functional Foods and Cardiovascular Health,” IDEA Personal Training Conference, Chicago, IL, April 24, 2003.
- “Nutrition Research Update,” IDEA Personal Training Conference, Chicago, IL, April 24, 2003.
- “Functional Foods and Cardiovascular Health,” Oklahoma Dietetic Association Annual Meeting, Edmund, OK, April 10, 2003.
- “Sports Nutrition in the Trenches Roundtable “, Sports, Cardiovascular, and Wellness Nutritionists (SCAN) Annual Meeting, Chicago, IL, March 15, 2003.
- “Functional Foods Athletes Need to Eat,” Inside the Athlete: Fueling the Athlete for Health and Performance sponsored by SCAN/GSSI, Philadelphia, PA, October 19, 2002.
- “Nutritional Nuances for Athletes in Stop and Go Sports, Inside the Athlete: Fueling the Athlete for Health and Performance sponsored by SCAN/GSSI, Philadelphia, PA, October 19, 2002.
- “Beyond Lowfat: Foods for Heart Health,” World IDEA Conference, San Diego, CA, June 30, 2002, and IDEA FACT FEST, Chicago, IL, April 2, 2002.
- “Nutrition Update: What Your Clients Need to Know,” World IDEA Conference, June 29, 2002, and IDEA FACT FEST, Chicago, IL, April 26, 2002.
- “Post-Exercise Refueling,” IDEA Personal Trainer Summit, San Diego, CA, June 29, 2002, and Chicago, IL, April 25, 2002.
- “Sports Nutrition Building Blocks,” and “Refueling After Exercise,” IDEA FACT Fest,” Chicago, IL, April 6-7, 2001, and IDEA Personal Trainer Summit East, New York, February 23-25, 2001.
- “Sports Nutrition in the Trenches,” IL Football Coaches Assn., Champaign, IL, March 30, 2001.
- “Soy and Functional Foods for Cardiovascular Health,” Illinois Cardiac Rehab Organization,” Chicago, IL, March 24, 2001.
- “Myths and Facts about Sports Nutrition,” Women’s Health & Sports Symposium, Physicians Clinics of Iowa, Cedar Rapids, IA, January 13, 2001.
- “Special Populations: Nutrition Needs for Athletes,” Midwestern University Sports Medicine Workshop, Downer’s Grove, IL, December 6, 2000.
- “Teen Sports Nutrition Update,” Illinois Association of Health, Physical Education,

Recreation, & Dance Annual Meeting, St. Charles, IL, November 17, 2000.

- “Functional Foods Update,” International Dance and Exercise Association FACT Fest 2000, Chicago, IL, May 26, 2000.
- “Real Life Food Plans,” International Dance and Exercise Association FACT Fest 2000, Chicago, IL, May 26, 2000.
- “Assessing Dietary Supplements,” International Dance and Exercise Association FACT Fest 2000, Chicago, IL, May 25, 2000.
- “Post-Exercise Nutrition,” South Texas Athletic Trainer’s Symposium, Padre Island, TX, May 20, 2000.
- “Soy: A Functional Food for a Healthy Heart,” Soy and Cardiovascular Disease Workshop, Chicago, IL, March 2, 2000.
- “Sports Nutrition Fact and Fiction,” Illinois Association of Health, Physical Education, Recreation, & Dance Annual Meeting, Arlington Heights, IL, November 18, 1999.
- “Sports Nutrition Supplements,” Illinois Athletic Trainers State Meeting, Champaign, IL, November 7, 1999.
- “Performance Nutrition,” South Texas Athletic Trainers Conference, Padre Island, TX, May 30, 1999.
- “Collaboration: A Win-Win Situation,” co-presented with Melinda Flegel, MS/ATC, American College Health Assn. Annual Meeting, San Diego, June 1998.
- “Sports Nutrition for Enhanced Performance,” South Texas Athletic Trainers Symposium, Padre Island, TX, May 1998.
- “The Non-Dieting Approach to Weight Management in a College Setting,” co-presented with Ronda Bokram, MS, RD, American College Health Association Annual Meeting, New Orleans, May 1997.
- “Combatting Restrictive Eating in Athletes” Roundtable, Sports, Cardiovascular, and Wellness Nutritionists (SCAN) Annual Meeting, St. Louis, April 1997.
- “Sports Nutrition Fads and Fallacies... Sorting Out the Truth,” Indiana University FitQuest, Bloomington, February 1996.
- “Current Issues in Sports Nutrition” Keynote Address, Iowa Dietetic Association Annual Meeting, Ames, November 1995.
- “Working with High School Coaches” Roundtable, American Dietetic Association Annual Meeting, Chicago, November 1995.
- “Body Image” Roundtable, SCAN Annual Meeting, Baltimore, March 1995.

Related Experiences

- University of Illinois Dietetics Program External Advisory Committee, 2018-present.
- University of Wisconsin-Milwaukee Dietetics Program Advisory Committee, 2022-present.
- University of Northern Colorado Dietetic Internship Preceptor, 2022-present.
- Gatorade Sports Science Institute Speaker's Bureau/consultant, 2008-present.
- Consultant RD, Illinois Assistive Technology Program, 2022-present.
- Consultant RD, Central Iowa Center for Independent Living, 2021-2022.
- Consultant, U.S. Speedskating / Pettit National Ice Center Skating Programs, 2013-2021.
- Sports Nutrition Mentor, SCAN, 2019-2021.
- Nutrition Consultant, Police Kinesiology Company, 2018-2020.
- University of Wisconsin-Milwaukee Athletics Sports Nutrition Consultant, 2013-2019.
- SCAN Nominating Committee, 2014 –2016.
- Whey Protein Institute Board Member, 2008 –2016.
- Consultant Sports Dietitian, Milwaukee Bucks 2013-2015.
- Wellness Chair, Dr. Howard Grade School, 2009-2012.
- Eastern Illinois Food Bank Board Member, 2007-2012.
- Nutrition Consultant, Strawberry Fields Natural Food Store, 1999-2012.
- Gatorade Sports Science Institute Nutrition Board Member, 2003-2008.
- Nutrition Consultant, Cunningham Children's Home, Urbana, IL, 2006-2008.
- Contributing Nutrition Editor, IDEA Health and Fitness Source, 2001-2006.
- SCAN (Sports, Cardiovascular, and Wellness Nutritionists) Nominating Committee, 2003-2004.
- SCAN Notables Editor for SCAN PULSE, 2001-2003.
- Nutrition Consultant, Homes of Hope, Inc., Bloomington, IL, 1999-2004.
- Nutrition Consultant, *The Mettler Center* Physical Therapy and Wellness Center, Champaign, IL, 1999-2001.
- Nutrition Consultant, University of Illinois Division of Campus Recreation FIT KIDS CAMP, 2000, 2001.
- Nutrition Public Service Announcement Writer, WGKC/Q96 Radio, Champaign, IL, 1997-1998.
- Media Chairperson, Eastern Illinois Dietetic Association, 1997-1998.
- Nutrition Radio Show Host, KDFR Radio, Des Moines, IA, 1990-1993.
- Volunteer, Harvard University Nutrition and Fitness Information Center, Boston, 1989.

Honors and Awards

- Greene County (IA) Tower of Fame Award, 2024.
- University of Wisconsin-Milwaukee College of Health Sciences C.A.R.E.S. Award, 2023.
- University of Wisconsin-Milwaukee Teacher Excellence Award, 2023.
- University of Illinois List of Teachers Ranked Excellent by their Students Summer 2022, Summer 2019, Summer 2012 (FSHN 595).
- University of Wisconsin-Milwaukee Blended and Online Teaching Certificate, 2020.
- Collegiate and Professional Sports Dietitians Association Service Award, 2016.
- University of Wisconsin-Milwaukee College of Health Sciences Byoung Kim Teaching Excellence Award, 2015.
- University of Wisconsin-Milwaukee Student Affairs Stellar Student Affairs Partner Nomination, 2015
- University of Wisconsin-Milwaukee College of Health Sciences Leadership Award, 2014.
- University of Wisconsin-Milwaukee Golden Key International Honor Society Honorary Member, 2014.
- University of Wisconsin-Milwaukee Student Affairs Stellar Student Affairs Program (Stepping Forward) Nomination, 2013.
- University of Illinois List of Teachers Ranked Excellent by Students Summer 2012 (FSHN 595).
- SCAN National Award for Excellence in Practice, 2003.
- Waldorf College Athletic Hall of Fame Inductee, 1999.
- Recognized Young Dietitian of the Year, Illinois Dietetic Association, 1997.
- Dietetic Intern of the Year, Beth Israel Hospital, Boston, MA, 1989.
- Honor Athlete, Minnesota State University-Mankato, 1988.
- Female Athlete of the Year, Waldorf College, Forest City, IA, 1986.
- 1st-team All-Region basketball, softball, and volleyball athlete, Waldorf College, 1986.

Memberships and Certifications

- Member, Academy of Nutrition and Dietetics (AND) and subgroups (#714595)
- Member, Wisconsin Academy of Nutrition and Dietetics
- Member, Collegiate and Professional Sports Dietitians Association
- Member, American College of Lifestyle Medicine
- Member, National Wellness Institute
- Member, Nonfiction Authors Association
- Member, National Speakers Association, Illinois
- Licensed in the state of Illinois (#164001765)
- Certified Specialist in Sports Dietetics (CSSD) – (2006-July 2022)