

# DAYLENE GRUER

Dietitian

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## PROFILE

I am a registered dietitian with over 1 year of experience working in the nutrition and food industry. I have a passion for helping people to improve their health through dietary changes and education. I have worked with individuals of all ages, from infants to the elderly, in both outpatient and inpatient settings. I am knowledgeable about a variety of nutrition topics, including but not limited to: healthy eating habits, special diets (such as diabetic or renal), weight management, sports nutrition, and malnutrition/ starvation. In my previous role as an outpatient dietitian at XYZ Hospital, I provided individualized counseling sessions and group education classes on various nutrition topics. Additionally, I created monthly newsletters that were distributed to staff members and patients alike. As a result of my work there was an overall increase in patient satisfaction scores related to nutritional care received during their hospital stay

## LINKS

[linkedin.com/in/daylenegrue/](https://www.linkedin.com/in/daylenegrue/)

## SKILLS

Nutrition

Food Science

Diet Planning

Cooking

Meal Preparation

Nutrition Education

## EMPLOYMENT HISTORY

### Senior Dietitian at Dietitian Nutritionist Services, LA

Jun 2022 - Present

- Led a team of 5 dietitians in developing and implementing new nutritional care protocols for patients with chronic diseases.
- Served as the primary resource for nutrition education for all staff members, providing over 50 hours of instruction.
- Created and taught a continuing education course on medical nutrition therapy for registered dietitian students.
- Successfully completed over 300 patient consults, averaging 10 per week.
- Authored 3 articles which were published in peer-reviewed journals.

### Dietitian at Nutrition & Wellness Consultants, LA

Aug 2021 - May 2022

- Created and implemented a new nutrition program that helped 100 patients lose weight.
- Successfully developed relationships with 10 new clients.
- Helped a client with diabetes lower their blood sugar by 30% in 3 months.
- Worked with a team to create an educational video on healthy eating habits that received 1,000 views in the first week.
- Created a blog post about 5 easy ways to eat more vegetables that was shared 500 times.

## EDUCATION

### Bachelor of Science in Dietetics at Louisiana State University, Baton Rouge, LA

Aug 2017 - May 2021

Some skills I've learned are food and nutrition knowledge, how to communicate with people, and time management.

## CERTIFICATES

### Registered Dietitian (RD)

Feb 2021

### Licensed Dietitian (LD)

Oct 2019

## MEMBERSHIPS

Academy of Nutrition and Dietetics

American Dietetic Association