

RAYETTA ABLEMAN

Nutritionist

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929-288-0097

555 John St, Akron, OH 44307



PROFILE

I am a Nutritionist with over 5 years of experience working in the field. I have a strong background in nutrition and dietetics, and I am passionate about helping people improve their health through good nutrition. I specialize in providing individualized nutrition counseling to help people make lifestyle changes that lead to lasting health improvements. I am knowledgeable about the latest research on nutrition and disease prevention, and I use this knowledge to develop targeted nutritional plans for my clients. My goal is always to help my clients achieve optimum health by teaching them how to eat for optimal well-being.

LINKS

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

SKILLS

Communication

Interpersonal skills

Organization

Time management

Writing

Researching

Public speaking

LANGUAGES

English

Italian

EMPLOYMENT HISTORY

Registered Dietitian Nutritionist (RDN) at Rising Sun Health Foods, OH

Mar 2022 - Present

- I educated my clients on the importance of a balanced and nutritious diet.
- I created individualized meal plans for my clients, based on their specific dietary needs and goals.
- I provided one-on-one counseling to help my clients make healthy choices and stick to their diets.
- I helped my client lose X amount of weight in Y months by making changes to their eating habits.
- I taught a class on nutrition at the local community center.
- I wrote a best-selling book on nutrition.

Licensed Dietitian Nutritionist (LDN) at GNC, OH

Jul 2017 - Jan 2022

- Spearheaded the development of a new nutrition program that improved patient health outcomes by 15%.
- Led a team of dietitians and nutritionists in providing comprehensive nutritional care to 500 patients per month.
- Implemented an evidence-based practice model for malnutrition that decreased length of stay by 3 days on average.
- Conducted audits of medical charts to ensure accuracy of documentation and compliance with state regulations.
- Managed all aspects of the organization's social media outreach, increasing followers by 20% in 6 months.

EDUCATION

Bachelor of Science in Nutrition at The Ohio State University

Sep 2013 - May 2017

I was able to complete my degree in four years while working part-time.

CERTIFICATES

Certified Nutrition Specialist (CNS)

May 2021

Registered Dietitian Nutritionist (RDN)

Feb 2020

Certified Diabetes Educator (CDE)

Dec 2018