

# Christina Manian, RDN

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## Summary

Inspired freelance writer, registered dietitian, and sustainability professional driven to improve health of people, animals, and the environment through ethical, conscientious work. Adept at managing large workloads and translating complex information into approachable material. Highly competent communicator, team member, problem solver, educator, and creative thinker with an efficient work style.

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## Contact

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### Email:

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ChristinaManian@gmail.com

### Location:

Longmont, Colorado

### Personal Website

### LinkedIn

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## Credentials

### **Commission on Dietetic Registration | September 2015- present**

Registered Dietitian

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## Writing

### **Real Simple:**

- 70 total articles
- Highlight Article: "[Eating More Flavonol-Rich Foods Helps Lower Your Risk of Frailty With Age, New Research Finds](#)"

### **Taste of Home:**

- 44 total articles
- Highlight Article: "[How to Make a Healthy Weekly Meal Plan](#)"

### **Dignity Health:**

- 41 total articles
- Highlight Article: "[Diabetes Management: A Guide to Growing Your Own Food](#)"

### **Better Home and Gardens:**

- 39 total articles
- Highlight Article: "[Upcycling Food Can Help Reduce Food Waste—and Anyone Can Try It](#)"

### **Well+Good:**

- 25 total articles
- Highlight Article: "[Heirloom and Perennial Grains Are Trending—Here's Why](#)"

## Education

### **University of Colorado Boulder | September 2020 - May 2022**

Masters of the Environment - Sustainable Food Systems; Boulder, CO

### **Mayo Clinic School of Health Sciences | October 2014-August 2015**

ACEND-Accredited Dietetic Internship; Rochester, MN

### **Boston University | September 2010-May 2014**

BS, Nutritional Sciences - Dietetics; Boston, MA

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## Experience

### **Nutrition and Healthcare Content Writer | October 2015 - Present Freelance | Remote**

- Reaches millions of readers with over 250 articles published for outlets including *Real Simple*, *Well + Good*, *Taste of Home*, *Better Home and Gardens*, *Climbing Magazine*, *Dignity Health*, *Vitamix*, *Nutrition Business Journal*, and Barton Associates' "*Clinician1*" and "*Clinician Today*"
- Obtains latest evidence-based, peer-reviewed research to provide most up-to-date content in a creative, compelling manner
- Collaborates with various editors to provide the highest quality, SEO-optimized product

### **Registered Dietitian | February 2020 - Present**

#### **Boulder Nutrition and Exercise Services | Boulder, CO**

- Provides nutrition consultation and assessment to create care plans for clients with wellness, clinical, and behavioral nutrition concerns
- Educates a diverse population of over 300 clients across Boulder County
- Teaches over 100 Boulder County residents in monthly diabetes support groups
- Demonstrates self-driven organization, client relations, communication, and grant management skills

### **Registered Dietitian | July 2019 - Present**

#### **Guided Fitness | Denver, CO**

- Teaches over 30 nutrition classes on wellness topics to hundreds of residents of over 50 apartment communities across the western United States
- Conducts monthly live cooking classes highlighting self-written healthy recipes
- Exhibits creativity, recipe writing, recipe editing course creation, and virtual education skills
- Highlight Courses: "Nutrition for the Busy Professional", "Mindful Eating Workshop", "Meal Planning Workshop", "Cooking 101 - Vegetarian Edition"

### **Freelance College Course Writer | March 2023 - April 2023**

#### **Sterling College | Remote**

- Served as a subject matter expert in nutrition and sustainability to edit and offer feedback on a pre-existing holistic health course for Sterling College's EcoGather educational program
- Wrote original course modules on basic nutrition principles for said course

### **Freelance Copywriter and Copyeditor | March 2022 - December 2022**

#### **Traditional Medicinals, Inc. | Remote**

- Worked with certified B corporation's department of social good to write, compile, and edit annual sustainability and impact report
- Wrote public-facing articles based on sustainability and impact report
- Demonstrated competency in copywriting, editing, proofreading, social media, collaboration, and diversity, equity, and inclusion skills

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## Volunteer Experience

### **Wildsong Ranch**

#### **Apprentice and Ranch Hand**

Longmont, CO

September 2019 - November 2023

### **Walker Methodist Place**

#### **Therapy Dog Volunteer**

Minneapolis, MN

October 2018 - June 2019

### **Dana-Farber Cancer Institute**

#### **Nutrition Department Volunteer;**

#### **Outpatient Counseling**

Boston, MA

September 2013 - June 2014

### **Emerson Mass General Hospital**

#### **Weight Loss Program**

#### **Nutrition Intern**

Boston, MA

June 2013 - August 2013

### **Cooking Matters Shopping Matters**

#### **Grocery Store Tour Guide**

Boston, MA

October 2012 - May 2013

### **Brigham and Women's Hospital**

#### **Nutrition Department Volunteer**

Boston, MA

October 2012 - May 2013

### **Top Balance Nutrition**

#### **Nutrition Intern; Outpatient**

#### **Counseling and Corporate**

#### **Wellness**

New York, NY

July 2012 - August 2012

### **Boston Medical Center**

#### **Food Pantry Volunteer**

Boston, MA

February 2012 - May 2012

### **Public Relations Copywriter | March 2022 - December 2022**

#### **Freelance | Remote**

- Wrote press releases, emails, and pitches for various public relations firms
- Compiled media contact lists
- Collaborated with clients to achieve optimal tone and content for target audience
- Gained experience in marketing and public relations communication skills

### **Graduate Consultant | January 2021-December 2021**

#### **Big Green | Boulder, CO**

- Consulted on a Capstone project evaluating Big Green Learning Gardens for sustainability and effectiveness
- Conducted 10 site observations to evaluate engagement & maintenance
- Completed thorough assessment of Big Green nutrition programming materials and provided recommendations and sample curricula
- Hosted workshop with 50 relevant industry individuals to inform assessments and recommendations for reports
- Wrote and edited sustainability and engagement recommendation reports
- Presented findings and reports to an audience of nearly 100 people
- Improved public speaking, site assessment, report writing, and public engagement skills

### **Critical Care Clinical Dietitian | January 2016 - June 2019**

#### **University of Minnesota Medical Center | Minneapolis, MN**

- Served as a relief dietitian in the intensive care units (surgical, medical, cardiovascular and neurological) then transitioned into surgical intensive care unit dietitian role as an expert in surgical critical care nutrition
- Engaged in daily collaboration with clinical care team of physicians, residents, fellows, pharmacists, nurses, and speech therapists
- Treated over 1000 patients through nutrition assessment, malnutrition diagnosis, nutrition support calculation, nutrition intervention initiation and diet education
- Placed over 400 post-pyloric feeding tubes in critically ill patients
- Trained over 20 dietitians to place feeding tubes and mentored over 30 University of Minnesota Medical Center dietetic internship program students
- Taught clinical nutrition support classes to surgical residents and fellows rotating through the surgical intensive care unit every year

### **Dietetic Intern | October 2014 - August 2015**

#### **Mayo Clinic | Rochester, MN**

- Completed ACEND-accredited dietetic internship competencies in the community nutrition, foodservice management and clinical nutrition care areas with an emphasis in medical nutrition therapy
- Assessed, planned and initiated over 300 nutrition interventions under the supervision of clinical dietitians
- Completed clinical rotations including neurology, general and bariatric surgery, cardiology, hematology, oncology, colorectal surgery, diabetes education, gastroenterology, intensive care unit, nutrition support, nephrology and pediatrics
- Provided extensive diet education across many disease states and patient populations
- Developed nutrition assessment and collaboration skills

### **Marketing Intern and Administrative Assistant | May 2011 - September 2014**

#### **Brafton Incorporated | Boston, MA**

- Identified key companies for future business development by completing extensive Internet research and phone interviews while managing a database of 20,000 company leads for cutting-edge SEO marketing agency
- Transitioned into administrative work greeting visitors, completing data entry, and filing accounts payable and receivable documents
- Became competent in data analysis, Salesforce software, and reception skills

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## Skills

- Food and Nutrition Science
- Sustainability/Sustainable Food
- Regenerative Agriculture
- Editing/Copyediting
- Writing/Copywriting
- SEO Marketing
- Effective Communication
- Independent
- Teamwork
- Active Listening
- Critical Thinking
- Willingness to Learn
- Open Minded
- Organization