

# Christina Manian, RDN

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## Summary

Inspired registered dietitian, freelance writer, and sustainability professional driven to improve health in 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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ChristinaManian@gmail.com

**Location:**

Boulder, Colorado

**Publication Website****LinkedIn**

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## Credentials

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

Registered Dietitian

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## Writing

**Taste of Home:**

- 44 total articles
- Highlight Article: "A Guide to Health Eating for Kids"

**Dignity Health:**

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

**Vitamix:**

- 19 total articles
- Highlight Article: "[How Sustainable Food Choices Can Make a Difference](#)"

**Barton Associates:**

- 11 total articles
- Highlight Article: "Healthy, Simplified? Inside the FDA's Proposed "

**Climbing Magazine:**

- 1 total articles
- Highlight Article: "[The Skinny on Fad Diet - Are They Messing with Your Performance?](#)"

## 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

**Freelance Copywriter and Copyeditor | March 2022 - Present****Traditional Medicinals, Inc. | Remote**

- Work with certified B corporation's department of social good to write, compile, and edit annual sustainability and impact report
- Write public-facing articles and social media posts based on sustainability and impact report
- Refine copywriting, editing, social media, collaboration, and diversity, equity, and inclusion skills

**Public Relations Copywriter | March 2022 - Present****Freelance | Remote**

- Provide freelance copywriting for various public relations firms providing press releases, emails, pitches
- Compile media contact lists
- Collaborate with clients to achieve optimal tone and content for target audience
- Gain experience in marketing and public relations communication skills

**Registered Dietitian | February 2020 - Present****Boulder Nutrition and Exercise Services | Boulder, CO**

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

**Registered Dietitian | July 2019 - Present****Guided Fitness | Denver, CO**

- Teach over 30 nutrition classes on wellness topics to hundreds of residents of over 50 apartment communities across the western United States
- Conduct monthly live cooking classes highlighting self-written healthy recipes
- Demonstrate 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"

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## Volunteer Experience

### **Wildsong Ranch**

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

Longmont, CO

October 2019 - present

### **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

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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

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

### **Freelance | Remote**

- Contribute over 120 nutrition and healthcare articles to the digital and print platforms of *Taste of Home*, *Climbing Magazine*, *Dignity Health*, *Vitamix* and *Barton Associates' "Clinician1"* and *"Clinician Today"*
- Obtain latest evidence-based, peer-reviewed research to provide most up-to-date content in a creative, compelling manner
- Collaborate with various types of editors to provide highest quality, SEO marketing-driven product

## **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