



## WENDY JO PETERSON, REGISTERED DIETITIAN

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Website: [www.EdibleNutrition.com](http://www.EdibleNutrition.com) Blog: [www.EdibleNutrition.Blogspot.com](http://www.EdibleNutrition.Blogspot.com)

### OBJECTIVE

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To provide Medical Nutrition Therapy (MNT) to patients. Counsel patients on diet prescriptions relating to disease and weight management.

### EXPERIENCE

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2007- Present Edible Nutrition San Diego, CA  
*Sole Proprietor*

- Provide nutrition services to San Diego Sports Medicine & Family Health Center and San Diego Firefighters Regional Wellness Center
- Teach culinary classes relating to allergies, diabetes, and disease prevention or management
- Nutrition columnist for [www.Military.com](http://www.Military.com), website, blog, Firefighter Newsletter
- Market, manage finances, and create new programs for Edible Nutrition

2008- Present Naval Special Warfare, Support Activity-1 San Diego, CA  
*Command Ombudsman*

- Coordinate with Commander, Executive Commander, and Command Master Chief to implement and provide support programs for the families
- Plan command functions at the request of the Commanding Officer
- Liaison between families and the command

2005 - 2006 Virginia Beach Mental Health, ICF Virginia Beach, VA  
*Consulting Dietitian*

- Worked within an inter-disciplinary team to assess current and future needs of clients with complex medical needs, both mental and physical
- Designed disease-specific menus for individual clients
- Led staff development training sessions

2003 – 2006 Virginia Beach City Public Schools Virginia Beach, VA  
*Culinary Arts and Leadership Teacher*

- Coordinated and implemented state curriculum into classroom labs and activities
- Initiated a Nutrition Advisory Council to work within the state's wellness guidelines
- Escorted students on various field trips including a ropes challenge course, legislative trips to Richmond, VA, and backpacking in Shenandoah National Park



- 2004-Present      Food and Culinary Dietetic Practice Group
- 2007-Present      California Dietetic Association
- 2008-Present      Nutrition Entrepreneurs Dietetic Practice Group

- Director-elect of Member Services (elected position)
- Coordinate and plan annual conference, liaison between members and board of directors, participate in quarterly meetings, host webinars for members, manage local Nutrition Entrepreneur Mini-Meetings Nationwide

## PROFESSIONAL PRESENTATIONS & PUBLICATIONS

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- Virginia Teachers Association, Family & Consumer Sciences Conference, *Cutting Edge of Nutrition: For the Student and the Educator*
- Work and Family Studies Conference, *Nutrition Trends for the Family & Consumer Science Teacher: Where you can make a difference*
- Virginia Dietetic Association Annual Conference, *Taking Nutrition Into the Classroom*
- Virginia Beach Health Department Quarterly Meeting, *Get Your Grill On, and Eat Local and In the Season*
- Virginia Beach Health Department, *All Hail Mighty Aphrodite: Your guide to a healthy and romantic meal*
- Virginia Beach Family and Consumer Sciences Meeting, *After School Specials (With Cookbook)*
- Nutrition Columnist for Military.Com Website: *Sending Healthy Tidings to Our Troops & Snow Doesn't Always Stick, But Your Resolutions Can!*
- Disease Management Culinary Class, *An "In-Grained" Approach to Eating with Diabetes*
- San Diego Sports Medicine patients, *Eat Local: How to become a locavore*
- Naval Special Warfare Spouse Information Meeting, handout: *Nutrition Tips for Getting Through Deployments*
- San Diego Firefighters Regional Wellness Center presentation *Fired Up for Nutrition*
- Naval Special Warfare Support Activity 1 presentations *Nutrition 101 & Performance Nutrition*
- Weight Loss Boot Camp quarterly classes *Weigh to Change*
- Student Nutrition Organization meeting at San Diego State University presentation *Moving into Professionalism: The dietetic students path to success in private practice*
- West Coast Sports Medicine Conference presentation *Effective Nutrition Evaluations for the Athlete*