

# Latasha Kelso

Dietitian

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## EDUCATION

### Bachelor of Science in Dietetics at University of Nevada, Las Vegas

Sep 2014 - May 2019

Relevant Coursework: Nutrition Science, Medical Nutrition Therapy, Food Science, Food Service Management, Community Nutrition, Clinical Dietetics, Nutritional Biochemistry, and Dietetics Counseling.

## LINKS

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

## SKILLS

- Nutritional Assessment
- Meal Planning
- Macronutrient Balancing
- Food Allergy Management
- Diabetes Education
- Weight Management
- Sports Nutrition

## LANGUAGES

- English
- Indonesian

## HOBBIES

Gardening  
Cooking and experimenting with new recipes

## PROFILE

Dietitian with 4 years of experience in providing evidence-based nutritional counseling and personalized meal planning for diverse client populations. Skilled in evaluating individual dietary needs, delivering weight management programs, and promoting healthy lifestyle changes. Proficient in utilizing technology to track client progress and ensure optimal results. Adept at building rapport with clients and collaborating with multidisciplinary healthcare teams to improve patient outcomes. Committed to continuous professional development and staying current with the latest nutrition research.

## EMPLOYMENT HISTORY

- Registered Dietitian at Nutrition Specialists of Nevada, NV**  
May 2023 - Present
  - Successfully implemented a nutrition education program for over 500 clients, resulting in a 30% increase in client adherence to dietary recommendations and a 15% reduction in obesity rates within the community.
  - Developed and executed a community outreach initiative that provided free nutritional counseling and resources to more than 200 low-income individuals, contributing to a 20% improvement in their overall health outcomes.
  - Collaborated with a team of healthcare professionals to create a comprehensive weight management program, leading to a 25% increase in enrollment and a 10% reduction in client attrition rates.
  - Presented at five regional and national conferences on various nutrition topics, effectively promoting the Nutrition Specialists of Nevada brand and establishing the organization as a leader in the field.
- Dietitian I at Las Vegas Nutrition Center, NV**  
Sep 2019 - Mar 2023
  - Successfully counseled and guided over 150 clients towards achieving their weight loss and health goals, resulting in a combined total of over 2,000 pounds lost in one year.
  - Developed and implemented a comprehensive nutritional program for a local school district, impacting over 5,000 students and leading to a 30% increase in healthy meal choices within the first six months.
  - Conducted a community-wide nutrition seminar series, reaching over 1,000 participants and increasing awareness of healthy eating habits by 75%.
  - Collaborated with a team of healthcare professionals to create and launch a diabetes management program, which helped reduce A1C levels by an average of 1.5% in 80% of enrolled patients within the first year.

## CERTIFICATES

**Certified Nutrition Support Clinician (CNSC)**  
Nov 2021

**Board Certified Specialist in Sports Dietetics (CSSD)**  
Nov 2019