



Tyronda Lovasco

Nutrition Assistant

Nutrition Assistant with 1 year of experience in providing exceptional support in meal planning, dietary analysis, and health education. Adept at working closely with registered dietitians to develop nutrition care plans and promote healthy eating habits. Skilled in conducting nutritional screenings and assessments, and proficient in utilizing nutrition software. Demonstrates excellent communication skills, attention to detail, and a strong commitment to enhancing clients' overall wellbeing.

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(293) 030-1445 

123 Oak Street, Nashville, TN 
37201

Education

**Associate of Applied
Science in Nutrition and
Dietetics at Chattanooga
State Community College,
Chattanooga, TN**

Sep 2018 - May 2022

Relevant Coursework:

Nutritional Sciences, Medical
Nutrition Therapy, Food Service
Management, Human Anatomy
and Physiology, Chemistry for
Nutrition, Dietetic Counseling,
and Community Nutrition.

Links

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

Skills

Meal planning



Nutrient analysis



Dietary assessment



Food safety



Allergen management



MyFitnessPal proficiency



Macronutrient calculation



Employment History

Nutrition Assistant at Nutrition World, TN

Feb 2023 - Present

- Successfully increased customer satisfaction by 45% within the first six months of employment, through personalized nutrition consultations and follow-ups with clients.
- Implemented a new inventory management system that reduced product waste by 30% within one year, resulting in significant cost savings for Nutrition World, TN.
- Developed and delivered over 50 educational workshops on various nutrition topics, reaching over 1,000 community members and increasing store foot traffic by 20%.

Nutrition Assistant I at NutriWise Health & Wellness, TN

Aug 2022 - Jan 2023

- Successfully implemented a nutrition education program for over 150 clients, resulting in a 25% increase in their overall knowledge of healthy eating habits and dietary choices.
- Streamlined meal planning and preparation processes for NutriWise Health & Wellness, reducing food waste by 30% and saving the company an estimated \$10,000 annually.
- Conducted a comprehensive analysis of client dietary needs and preferences, leading to the development of 50 new customized meal plans that contributed to an 80% satisfaction rate among clients.
- Collaborated with a team of healthcare professionals to design and execute a weight management program for 200 participants, with 70% of them achieving their weight loss goals within six months.

Certificates

Certified Nutrition Assistant (CNA)

Jan 2022

ServSafe Food Handler Certification

Mar 2020

Memberships

Academy of Nutrition and Dietetics (AND)