

Shandra Talon

Nutrition Specialist

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📍 123 Main St, Hartford, CT 06106

Education

Bachelor of Science in Nutrition and Dietetics at University of Connecticut, Storrs, CT

Aug 2016 - May 2021

Relevant Coursework:
Nutritional Biochemistry, Medical Nutrition Therapy, Food Science, Community Nutrition, Lifecycle Nutrition, Nutrition Education and Counseling, Dietetics Management, Foodservice Systems, and Research Methods in Nutrition.

Links

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

Skills

Meal Planning

Macronutrient Calculations

Nutritional Counseling

Food Allergy Management

Sports Nutrition

Weight Management

Dietary Analysis

Languages

English

Urdu

Profile

Nutrition Specialist with 2 years of experience in providing personalized dietary guidance and support to clients across various age groups and health conditions. Demonstrated expertise in designing nutrition plans, assessing individual needs, and conducting group workshops. Strong background in utilizing evidence-based approaches to promote healthy eating habits and improve overall well-being. Highly skilled in client relationship management, goal-setting, and tracking progress. Committed to empowering individuals to make informed choices and achieve their health and wellness goals.

Employment History

Nutrition Specialist at Nutrition Specialists of Connecticut, CT

Mar 2023 - Present

- Developed and implemented a comprehensive nutrition program for over 150 clients, resulting in a 90% satisfaction rate and contributing to a 30% increase in client retention over two years.
- Conducted a series of 50 workshops on various nutrition topics, reaching over 1,000 individuals and raising awareness about the importance of a balanced diet and healthy lifestyle choices.
- Collaborated with local schools to create and implement a school lunch program that improved the nutritional quality of meals served to 5,000 students, leading to a 20% decrease in childhood obesity rates within the first year.

Associate Nutrition Specialist at Connecticut Nutrition & Wellness, CT

Aug 2021 - Feb 2023

- Successfully developed and implemented personalized nutrition plans for over 150 clients, resulting in an average weight loss of 15 pounds and a 25% increase in client satisfaction rates within 6 months.
- Conducted comprehensive nutritional assessments for over 200 individuals, identifying dietary deficiencies and providing targeted recommendations that improved overall health outcomes by 30% within a year.
- Spearheaded a series of 10 educational workshops on various nutrition topics, attracting over 500 attendees and generating a 20% increase in new client inquiries for Connecticut Nutrition & Wellness.

Certificates

Certified Nutrition Specialist (CNS)

Sep 2021

Precision Nutrition Level 1 Certification

May 2020

Memberships