

**NUTRITIONIST AND DIETITIAN**

B.S. in Nutrition, a minor in Food Chemistry and an M.S. in Psychotherapy, Certified Dietary Manager, Certified Food Protection Professional and ServSafe Certified. Plan, direct, control, orient, supervise and instruct patients with nutrition guidance and assessment to meet their individual needs. Lead the dietary department in order to comply with food safety and quality control. Strong knowledge in Nutrition guidelines, FDA, USDA and HACCP regulations. Continue my personal development by participating and collaborating to ensure policies and procedures set by an institution.

Expertise includes skills such as:

Bi-lingual (English / Spanish) oral and written skills • Punctual and extremely responsible • Competent and committed • Result oriented • Extensive multicultural knowledge • Strong communication skills • Interdisciplinary experience • Organizing, analyzing and managing data • Conducting research, analyzing • Leadership • Team-work oriented • I created a webpage ([www.ilsevalle.com](http://www.ilsevalle.com)) to promote nutrition and a healthy lifestyle for different age groups • Appearances in television and radio programs • Published articles in newspapers, contributed to education at universities, clinics, and health foundations • Participated in research by publishing "Protective Effect Of Some Vitamins Against The Toxic Action Of Ethanol On Liver Regeneration Induced By Partial Hepatectomy In Rats", in the World J Gastroenterol 2008 February 14; 14(6): 899-907 ISSN 1007-9327.

**PROFESSIONAL EXPERIENCE**

**HEALTH ADVOCATE**

**Health Advocate @ Plymouth Meeting, PA**

**Dec 2011 – To Date**

**WELLNESS COACH**

Educate, motivate and guide employees in making healthy lifestyle changes. Provide a broad array of wellness solutions that help employees improve nutritional status, get fit and make other healthy lifestyle changes. Orient in order to reduce risks of diseases, prompt employees to take an active role in their healthcare and make informed decisions about their lifestyles. Provide comprehensive, up-to-date health and wellness information. Customize incentive programs and turnkey communications. Offer support to help keep employees on track towards optimum health and well-being while integrating a full-spectrum approach that provides better clinical outcomes to increase employee satisfaction and help employees take charge of their health.

**GOLDEN LIVING**

**Golden Living @ Doylestown, PA**

**May 2011 – Dec 2011**

**DIRECTOR OF NUTRITION AND DINING SERVICES**

Recommend Nutrition medical plans and review diets. Monitor weight loss and create, review and update care plans accordingly. Create menu options with residents' food preferences. Review dietary needs with physician to ensure meals meet specific needs. Visit patients regularly to review the nutritional status and questions they may have. Complete Minimum Data Set (MDS) information and Progress notes in Point Click Care. Recommend Medical Nutrition Therapy for those residents who require added nutrition. Oversee dining services staff, review diets and prescriptions. Supervise production, distribution, purchasing, budgeting, and the hiring, training, and scheduling of employees for the dining experience. Create an upscale experience for meal time in order to have complete customer satisfaction. Assure the dining service is compliant with FDA and State regulatory and sanitation standards. Implement HACCP throughout the flow of food in all phases of the operation. Manage staff effectively. Participate with the interdisciplinary team in order to organize special events.

**KEY ACCOMPLISHMENTS:**

- Infection and pest control
- Organized and trained staff to follow food safety regulations
- Improved quality of food
- Improvement in purchasing orders
- Reduction in food waste
- Correcting and updating patient information in PCC
- Improvement in patient weight management
- Clinical nutrition documentation maintained

**FOX SUBACUTE**

*(Five star Nursing home for long term living)*

**Fox Subacute @ Clara Burke, PA and Warrington, PA**

**Nov 2009 – Apr 2011**

**FOOD SERVICE DIRECTOR AND CENTRAL SUPPLY MANAGER**

Conduct assessment of the effectiveness of nutrition care plans, employee hygiene compliance and food safety, interview patients about their diet histories, calculate and implement diet plans, and provide counsel on basic diet restrictions and standards for food preparation. Supervise production, distribution, purchasing, budgeting, and the hiring, training, and scheduling of employees for the food service of the institution. Assure the food service is compliant with FDA regulatory and sanitation standards. Implement HACCP throughout the flow of food in all phases of the operation. Manage staff effectively. Organize special events. Perform the ordering; supervise receiving, storing and preparation of food. Keep accountancy for the budget. Order all supplies necessary for the institution, such as Nursing, Respiratory, Enteral, Incontinence, Office Supplies, and Foodservice; supervise correct stocking in all areas. Keeping track of the budget and quoting and selecting suppliers.

**KEY ACCOMPLISHMENTS:**

- Infection and pest control
- Organized and trained staff to follow food safety regulations
- Implemented a better flow of food in accordance with safe food practices
- Improved quality of food
- Improvement in purchasing orders
- Reduction in food waste
- Participated in re-designing the kitchen areas
- Accuracy in tray-ticket serving
- Elaborated and organized special events menus
- Implemented new ways of tracking and controlling inventory
- Provided balanced meals thru alternate food options and nutritional counseling
- Organize supplies
- Reduce waste in nursing supplies
- Accomplishing savings on the budget

**TELEVISA, Mexico City, Mexico**

**2006 – 2009**

*(A Multibillion top 150 Company in Latin-America devoted to the Broadcasting and Production of Soap Operas, TV series and reality shows)*

**NUTRITIONIST, QUALITY ASSURANCE AND DIETARY MANAGER**

Quality assurance for restaurants and catering services of the company in addition to mobile kitchens meant to provide food for special locations. Developing diets/menus in accordance with nutrition needs and food services for the Managers, Directors and VP-C levels. Controlled the budgets and inventories. Conducted a dyslipidemia clinic for corporate health overseeing food quality control. Obtained blood test values, body composition and indirect calorimetry, analyzing the results and giving nutritional orientation, and assess progress. Promoted nutritional education and food quality control at the enterprise.

**KEY ACCOMPLISHMENTS:**

- Created health improvement program focusing on executives, administrative staff and workers, with a total of 1,150 patients

- Offered nutritional counseling and provided guidance on healthy eating habits, with results that reduced health risk factors by 45% over a one year period
- Promoted personalized health programs and nutrition plans in accordance to gender, activity, age and position in the company; while coordinating 3 mayor restaurants that give service to employees to comply with the recommendations

**OUTSOURCING & CONSULTING, Mexico City, Mexico**

**1998 – 2009**

**NUTRITIONIST (2003-2009)**

- Focused on personalized nutrition assessment for patients with specific needs or dietary restrictions, monitor results to improve patients' quality of life by developing and implementing dietary-care plans and providing counseling adapting to changing client demands. Tracking of results.

**NUTRITION CONSULTANT (2003-2009)**

- **Unilever:** Food presentation and customer guidance regarding regulatory issues in Mexico such as labeling, product stabilization and quality assurance.
- **Abbott:** Elaborated menus for infants from 6 to 24 months, taking into account recommendations for vitamins, minerals, linoleic and linolenic acid, energy, proteins and fat.
- **Bayer:** Presented a new infant formula as well as talked about food nourishment topics to pediatricians.
- **Clinique Laboratories:** Nutritional assessment to Clinique product consumers to maintain client relations.
- **Televisa:** International Championship, Dancing for a Dream; Created menus for participants of the television program, taking into account their physical activity, requirements and international tastes. Nutritional guidance according to their genre, weight, activity and blood tests. Keep costs within budget.

**EDUCATION**

***Masters in Psychoanalytical Psychotherapy***

*ELEIA Institute, 2009*

***Bachelor in Nutrition***

*Dietetics and Nutrition School, 2004*

*(US validated equivalent degree of BS in Dietetics and Nutrition)*

***Minor in Food Chemistry***

*(Six semesters 1997 – 2000, transfer to nutrition)*

*Chemistry Faculty, UNAM (US equivalent of completion of 48 semester credit hrs of undergraduate study in Food Chemistry)*

***Oxford Examination in English as a Foreign Language (Certificate), 1998***

*Psychoanalytical clinic and supervision, 2008 • Eating Disorders Diploma, Anahuac del Norte University, 2007*

*• Oenology Diploma, Anahuac del Sur University, 2000 • Teacher's Diploma Course, Grupo Educativo Angloamericano, 1998*

**PROFESSIONAL QUALIFICATIONS – Certified Dietary Manager, Certified Food Protection Professional and ServSafe Certification in USA. Registered Dietitian and Therapist in Mexico.**

**OTHERS**

- *Participation in sports events and activities, To Date*
- *ESL Teacher and TOEFL Examination Tutor, 2003 - 2009*
- *100% scholarship for the Eating Disorders Diploma, 2007*
- *First and second place, basic research at the Nutrition Society A.C. (SNAC) and 17th Mexican Congress AMMFEN and acknowledgement as expositor in free compositions in a Medical Symposium in the Annual Mexican Biochemistry Congress with the project: "Effects Of The Administration Of Antioxidant Vitamins In The Hepatic Reversion Of The Inhibition For Hepatic Regeneration Caused By The Consumption Of Alcohol", 2002*
- *Acknowledgement as expositor in the 1st Week of Science, Technology and Art in the Dietetics and Nutrition School with the topic: "Apple Fermentation and Yeast Isolation to Elaborate Cider", 2001*
- *Merit economic award. Bestfoods Educational Foundation, 2000*

- *Acknowledgement for dedication and attitude in daily work, 2001*