

LAUREN M. MANAKER, MS, RD, LD, CLEC

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HEALTH AND NUTRITION WRITER

Accomplished health and nutrition writer, author, nutrition guru, recipe developer, and Registered/Licensed Dietitian, specializing in Women's Health and Reproductive Health topics. Develops compelling, accurate, and evidence-based content for various publications and web-based outlets. Meticulously reviews materials, verifying accuracy of copy and layout; analyzes print proofs and final production review.

Knowledge Management / Writing and Editing / Health and Wellness / Public Health / Written & Verbal Communication / Content Development / Compelling Storytelling / Proofreading / Time Management / Deadline-Oriented / Research / Blogging / Public Speaking / Analytical Skills / Recipe Development / Nutrition Advisory / Social Media Platforms

EDUCATION AND CREDENTIALS

Master of Science in Clinical Nutrition

Rush University, Chicago, IL

Bachelor of Science in Food Science and Human Nutrition

University of Florida, Gainesville, FL

Certifications and Training

Certified Lactation Educator-Counselor Certification, University of California, San Diego

Food Allergies Certificate, Academy of Nutrition and Dietetics

The Versatile Salesperson, Wilson Learning

Nutrition Support Training, American Society of Parenteral and Enteral Nutrition

Certified Personal Trainer, American College of Exercise

Licensures and Designations

Licensed Dietitian, State of South Carolina

Registered Dietitian, #925639

Affiliations

Member / Executive Committee, Nominating Chair (2019 – 2020), **Member Spotlight Author** (2016-2017)

Women's Health Dietetic Practice Group (2012 – Present)

Breastfeeding Policy and Advocacy Committee, Academy of Nutrition and Dietetics (2018-present)

Member, Pediatric Nutrition Dietetic Practice Group (2012 – 2016)

Member / Newsletter Reviewer (2012); **Chair, Nominating Committee** (2011 – 2012), Medical Nutrition Dietetic Practice Group (2009 – 2016)

Member, Academy of Nutrition and Dietetics (2000-present)

Awards and Honors

- Outstanding Dietitian of the Year, Charleston-Trident Dietetic Association
 - Emerging Dietetic Professional in Women's Health, Women's Health Dietetic Practice Group of the Academy of Nutrition and Dietetics
 - Florida Bright Future's Scholarship Recipient
 - Inducted into Morrison Management's RDN Hall of Fame
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PROFESSIONAL EXPERIENCE

Health and Wellness Freelance Writer, Nutrition Blogger, Nutrition Advisor

5/2018 to Present

- Work on various writing projects for *PopSugar*, *Eat This Not That*, *Kveller.com*, *Motherly.com* and *Livestrong.com*.
- Contribute regular health and nutrition content for web-based outlets.
- Build an extensive network of sources to gain insight into other experts' knowledge on various healthcare topics.
- Pitch nutrition-related topics for future content, based on current health and wellness trends.

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- Serve as Fact Checker and Expert Reviewer for healthinsiders.com, fact-checking claims made by authors of medically focused articles.
- Ensure reputable sources, and offer suggestions in editing statements written by authors to reflect accurate and factual content. Specify statements that require citations by the author.
- Author evidence-based blog posts focused on nutrition and how it relates to fertility and pregnancy. Topics are often related to fertility, pregnancy, and lactation, but have been focused on various nutrition-related matters.
- Contribute to various medical journals, book chapters, and external blogs, providing evidence-based content, on a freelance basis.
- Create recipes and capture final product with high-quality photography.
- Provide nutrition advisory to small healthy food brands including Chloe's Frozen Fruit, Drink Simple Maple Water, Fresh Bellies Baby Food, Pur Gum, and Parks and Nash Bone Broth Soup.

NESTLE / GERBER

1/2012 – 9/2016

Nutrition Educator / National Trainer

- Developed, executed, and led training and education programs to new hires on Gerber products and their pediatric nutrition benefits.
- Practiced motivational interviewing to ensure changes in behaviors were followed by the customers.
- Maintained comprehensive knowledge of infant nutrition products including formulas, colic solutions, and probiotics to provide informed and evidence-based recommendations for best outcomes.
- Served as Nutrition Consultant to NICU nurseries and pediatric offices across an assigned territory. Provided appropriate evidence-based nutrition interventions to deliver best outcomes.
- Exceeded target sales goals annually, and was consistently ranked in the Top 10 Representatives in the country.
- Conducted presentations to diverse audiences and sales force, ensuring engagement and comprehension.
- Selected to represent Nestle at the National American Academy of Pediatrics conference four consecutive years.

ROPER HOSPITAL

9/2008 – 1/2012

Registered Dietitian / Lead Internship Preceptor

- Delivered medical nutrition therapy and nutrition counseling to acute and critically ill patients including CICU, CVICU, surgical floor, and high-risk maternity patients.
- Coached and motivated patients to help them achieve their weight loss goals, and assisted patients in developing modifications to their diets to live a healthier lifestyle.
- Served as a preceptor and coordinated for dietetic interns.

Additional Experience:

PALM BEACH PERINATAL CENTER

Outpatient Registered Dietitian, PRN (2005 – 2008)

WEST BOCA MEDICAL CENTER

Pediatric and Neonatal ICU Registered Dietitian (2004 – 2008)

SELF-PUBLISHED AUTHOR AND CO-AUTHOR OF 3 EBOOKS (2019)

- *Fueling Male Fertility*
- *Keto for Fertility*
- *50 Shades of Green* (smoothie recipe book for pregnancy and fertility)
- *Avoiding Allergens While Breastfeeding*