

**Benjamin White****Senior Nutritionist**

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**Profile Summary**

A highly skilled and dedicated Senior Nutritionist with over 12 years of experience in providing expert dietary guidance and promoting health through nutrition. Expertise includes personalized diet plans, sports nutrition, and weight management. Passionate about improving clients' quality of life through tailored nutrition solutions and evidence-based strategies.

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**Experience****Senior Nutritionist**

*Healthy Living Nutrition Center*

May 2016 - Present

- Led the development and delivery of customized nutrition plans for clients, improving health outcomes across diverse populations, including athletes, corporate clients, and individuals with chronic conditions.
- Collaborated with multidisciplinary healthcare teams to integrate nutritional advice into broader treatment plans.
- Conducted individual and group counseling sessions on nutrition, weight management, and disease prevention.
- Implemented new nutrition programs that increased client satisfaction and retention.

**Nutritionist**

*Fit and Healthy Nutrition Clinic*

July 2010 - April 2016

- Designed diet plans for weight loss, fitness, and disease management.
  - Provided nutritional consultations to clients and tailored advice for specific health needs, including diabetes and hypertension.
  - Organized wellness workshops and educational events on healthy eating and lifestyle changes.
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**Education****Master of Science in Nutrition (MSc)**

*University of Wellness*

Graduated: 2010

## **Bachelor of Science in Nutrition (BSc)**

*State University*

Graduated: 2007

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### **Skills**

- Nutritional Counseling
  - Sports Nutrition
  - Weight Loss and Management
  - Dietary Program Design
  - Client Health Assessments
  - Group Nutrition Education
  - Nutritional Research
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### **Certifications**

- Certified Nutrition Specialist (CNS)
  - Sports Nutrition Certification
  - Weight Management Expert Certification
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### **Achievements**

- Improved patient adherence to dietary plans by 40% through personalized coaching and ongoing support.
  - Successfully launched a nutrition program for a corporate wellness initiative that resulted in a 25% increase in employee participation.
  - Recognized for outstanding service and patient satisfaction with a 95% client retention rate.
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