



Katrina Detter

Registered Dietitian Nutritionist (RDN), LDN

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PROFILE ■

I'm Katrina Detter, a registered dietitian with a passion to help others live their best lives physically, mentally, and spiritually.

SKILLS ■

- Organizational
- Time-management
- Counseling
- Education
- Writing
- Personable

EXPERTISE ■

Nutrition & Dietetics
Patient Education
Diabetes Management
Intuitive Eating
Heart Health
Weight Management
Plant-based Eating
Mindful Eating

WORK EXPERIENCE ■

CLINICAL DIETITIAN I

BROUGHTON HOSPITAL | MAR 2018-PRESENT

- Providing medical nutrition therapy and completing nutrition assessments, quarterly review follow-ups, and consults in a psychiatric hospital.

COMMUNITY DIETITIAN

HEALING NUTRITION, LLC | MAR 2022-PRESENT

- Counseling and educating patients/clients one-on-one.

WELLNESS BLOGGER

FAITHNOURISHFIT.COM | JAN 2017-PRESENT

- A hobby to inspire others to live their best lives physically, mentally, and spiritually. Blog posts are shared throughout various social media platforms like Facebook, Instagram, and TikTok.
- Blogs have been featured on the Stone Soup Blog and the Nutrition Blog Network.

ZUMBA INSTRUCTOR

PEAK PERFORMANCE | NOV 2018-NOV 2019

- Instructing dance type total body workouts to members at Peak Performance Health & Fitness facility in Morganton, NC.

CHILD NUTRITION MANAGER

ALEXANDER COUNTY SCHOOLS | AUG 2017 - FEB 2018

- Managing Taylorsville Elementary School's cafeteria serving 210+ breakfast meals and 280+ lunch meals daily.
- Duties included managing employees, planning schedules, ordering and purchasing, working in commercial kitchen, and collaborating with various county employees.

STUDENT DIETITIAN

VARIOUS LOCATIONS | JUN 2016-MAR 2017

- Catawba Valley Medical Center: Student Clinical Dietitian
- Catawba Valley Medical Center: Nutrition Administration Practicum
- Behavioral Health Institute: Nutrition Community Practicum (eating disorder clinic)
- 1200+ hours of supervised practice to become a registered dietitian.

GROUP FITNESS INSTRUCTOR

UNDERGROUND FITNESS | MAY 2015-OCT 2016

- Teaching Zumba fitness classes in a group fitness class setting one to three times a week. Other skills included planning classes, working as a substitute instructor for other fitness classes, working the front desk to sign people into the gym, and attending instructor meetings.

GROUP FITNESS INSTRUCTOR

HULSEY WELLNESS CENTER | JAN 2014-MAY 2015

- Group fitness instructing in cardio classes as well as strength training classes two times a week to college-aged students. Other skills included attending staff meetings, CPR training, first aid training, substitute instructing for others, and planning for classes.

GROUP FITNESS INSTRUCTOR

ALEXANDER COUNTY YMCA | JUNE 2011-AUG 2013

- Teaching group dance fitness classes two to three times a week. Skills included CPR training, first aid training, instructor meetings, planning for classes, cleaning rooms, substitute instruct for others, and safety precautions.

EDUCATION ■

LOMA LINDA UNIVERSITY | 2015-2017

- Attended Loma Linda University to achieve my Bachelor's of Science degree in Nutrition & Dietetics. Achieved Dean's List every quarter at Loma Linda University. Graduate Magna Cum Laude.

SOUTHERN ADVENTIST UNIVERSITY | 2013-2015

- Attended Southern Adventist University to achieve my Associate of Science in Pre-Nutrition & Dietetics. Graduated Cum Laude.

ALEXANDER CENTRAL HIGH SCHOOL | 2008-2013

- Graduated at the top of my class. Activities: Senior Beta Club President

APPLICATION LINKS ■

BLOG/NUTRITION ARTICLE THAT I'VE PUBLISHED

- [5 Meal Planning Tips](#)
- [4 Steps to Learn Your Hunger & Fullness Cues](#)

RECIPE I CREATED WITH NUTRITIONAL CONTENT

- [Hormone-Friendly Zucchini Muffins](#)
- [Going Plant Based: Tofu](#)

FACEBOOK POST

- [Live Better](#)

TIKTOK POST

- [Balanced Breakfast](#)
- [Cherry Berry Overnight Oats](#)
- [High Fiber Foods](#)
- [Easy Roasted Veggies](#)

INSTAGRAM POST

- [Red Velvet Mini Muffins](#)
- [Active Rest Days](#)
- [Chocolate Overnight Oats](#)
- [Toasted Marshmallow Latte](#)

PLEASE VISIT WWW.FAITHNOURISHFIT.COM TO VIEW MORE OF MY WORK.