

MEET YOUR *Nutrition Educator...*



DEBRA S. D'ANGELO, MEd, RD, LDN, CDE

WHY I CHOSE HEALTH CARE

"I decided to become a dietitian because growing up I had weight issues and wanted to learn about how to eat to lose weight, just as so many of our patients do. It has turned into a life-long goal. As a life-long learner I am able to, in turn, teach my patients as I continue to learn about nutrition and how it impacts our health."

MA: University of Phoenix, Phoenix, AZ; Education, Adult Education, and Distance Learning

BS: California State University, Los Angeles, Nutritional Science

DEPARTMENT OF NUTRITION EDUCATION

As a registered dietitian in the Department of Nutrition Education, Debra specializes in personal nutritional counseling for people with food-related illnesses and those interested in health promotion and disease prevention.

Debra has two children, a grown daughter and a son who still lives at home. She likes spending time with them and going to the movies. Her personal hobbies are cross-stitch, sewing, and camping.

"Putting myself in my patients' shoes is what I strive for and find to be the most challenging and rewarding part of being a dietitian. I want my patients to feel that I understand them and want to help them achieve their goals, even when they are not sure they can. Setting realistic goals is what I strive for, and my hope is they come away from our visit thinking they can make the lifestyle changes that will impact their health. I want them to feel that they can achieve those goals that will benefit their health for the rest of their lives."

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