

CONNECT!

BRINGING TOGETHER NUTRITION ENTREPRENEURS' STUDENT MEMBERS TO MOTIVATE, EDUCATE, & INSPIRE!

Whether you are just starting a dietetics education, are graduating from university or an internship, or are a RDN in the field, it is never too late to remember to connect with those around you. The second issue of The NETwork is focused on exactly that-networking!

As a member of Nutrition Entrepreneurs, you are probably well aware of the power of networking as a RDN and the benefits of reaching out to others within the field to stay connected. What you may not realize as a student or intern is that the best time to start is now! Becoming active in your university's nutrition club, in local or state dietetics associations, and in DPGs like Nutrition Entrepreneurs is the perfect way to begin promoting yourself while still a student.

This issue is packed with tips and tricks to jumpstart marketing yourself within the field. We hear from established RDNs

about maximizing your social media presence, learn how to step outside of our comfort zones to open the doors of opportunity, learn about creating meaningful professional relationships, and review the five mistakes that you should avoid when attending your next meeting. We also will learn about a RDN combining business with research, internships with a focus on leadership, and will review the latest food trends so you can stay abreast of hot topics.

A reminder that the membership calendar year for the Academy and its affiliate groups ends this month and the new year begins in June. I urge you to renew your membership for Nutrition Entrepreneurs to continue receiving inspiration and motivation for your future career. Make sure to connect on social media with the hashtag #NEstudents so we can support one another's successes and representing the future of NEDPG!



KRISTINA TODINI
SENIOR DPD STUDENT
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**HAVE YOU JOINED
NUTRITION
ENTREPRENEURS'
STUDENT ELECTRONIC
MAILING LIST?**

**IF NOT, SIGN UP ON
NEDPG.ORG TO STAY IN
THE KNOW!**

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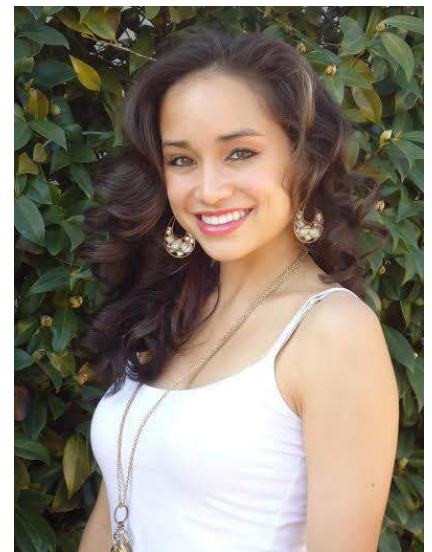
STUDENT & RDN SUCCESS CORNER

Networking 101: Social Media Style!

Help! I am a student looking for volunteer experience, a potential dietetic intern seeking an internship rotation, or a new registered dietitian searching for a job. Where do I even begin to look?

The classified sections used to be the “go-to” for help-wanted advertisements, but with the rapid advancement of technology and the internet, those newspaper clippings are in the past. Although it may seem like an unconventional idea, social media platforms are the networking meetings of this generation. Restaurants, hospitals, companies, sports teams, and more now use platforms like Twitter and Facebook to connect with consumers. But how are connections made effectively? With any type of networking (face-to-face, cold call, email, etc.) there are Do’s and Don’ts to ensure professionalism, which increase your chances of making a lasting, positive impression.

Your ultimate goal for connecting online is to develop a relationship. Therefore, when reaching out to other professionals, try to establish rapport and build a relationship. Chances are, they will be more likely to help you out. I asked a few RDs/RDNs for their advice, and here is what they had to say:



COURTNEY WOO
GRADUATE STUDENT &
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DANICA PELZEL, MA, RDN
@DANICAPELZEL

Don't just share,
engage and interact!



LAURA POLAND, RD
@LAURAPOLANDRD

My best advice is to know your
audience to know where to spend
your time.



JESSE ROSE SHAFER, RD
@JESS5319

My best advice is to engage-do more
than post-repond and interact

DIANA STEELE, RD
@EATINGFORENERGY

Be consistent! Something I
try to keep up with...



DR SUSAN MITCHELL, RD
@DRSUSANMITCHELL

Always review before you send,
post, tweet etc. Be sure it's what u
want/mean to say.



JULE STEFANSKI, RD
@FOODHELP123

Great question! Separating your
professional social media persona from
personal high jinx is vital for respect



When you have found a person or company you are interested in connecting with, there are a few things to do before sending your message. Business2Community.com shared 25 helpful tips to make yourself known (in a good way) via social media. Before you press enter, review these tips:

- Have a complete profile
- You are what you tweet...and share
- Don't over-share the same message
- Spell-check and grammar check!
- Avoid excessive automation
- Think before “hashtagging” and tagging others

Lastly, have fun! Do not be afraid to send a quick message to the company/person you dream of working for/with. But remember, reaching out does not always guarantee a response. It may take one, five, twenty, or thirty messages to a variety of companies/individuals when asking for advice or help, but do not be discouraged. Someone will respond, and you will be glad you decided to send that message. Happy tweeting!



WILLIAM BROWN
SENIOR DIETETICS STUDENT
THE OHIO STATE UNIVERSITY

We've all read the tips for having a successful networking event, but have you ever heard the ways that you can actively make your time unsuccessful? Don't make these five common mistakes at your next meeting!

1 ONLY TALK TO THE PERSON/GROUP THAT YOU CAME WITH

This is the most obvious; however both rookies and veterans alike can find themselves guilty of not keeping themselves open to new conversations. For the rookies in networking sessions: it is common to attend events with fellow interns or students, and lack the ability to work up the courage to approach a stranger. Sure it is uncomfortable, but why spend the money if you don't leave with at least one meaningful connection? On the flip side, many veterans find themselves guilty of not branching out, as they turn networking sessions into social clubs.

Lesson 1: Strive for at least one meaningful connection per night.

2 DOMINATE CONVERSATION

As Dale Carnegie said in his book "How to Win Friends and Influence People", people LOVE to talk about themselves. That being said, the line between dominating a conversation and being mute is very fine, so it takes a combination of active listening, questions, and points of conversation to leave a positive impression on your fellow conversationalists. Just as ineffective as it is to meekly make your way through a networking session, it is equally ineffective to dominate a conversation at a networking session.

Lesson 2: To be engaged in a conversation isn't just to be the one talking.

3 SPEAK STRICTLY ABOUT YOUR NEEDS AND GOALS

If you are a student or young professional, the primary reason you are attending a networking event is to meet someone who will be so fond of you that they hand you a job offer on a silver platter. That is the dream of every RD to be! However, that of course will never happen. Considering we are in a unique position (offer very little leverage for someone else's professional career), treat your first few networking events like learning experiences. Attend all events that you can afford and soak up as much knowledge as you can; learning isn't and SHOULDN'T be confined to the walls of a classroom. Remember this quote by fellow entrepreneur Jim Rohn: "Formal education will make you a living, while self-education will make you a fortune".

Lesson 3: Take an active interest in the passions of others.

4 DO NOT BRING ANY FORM OF CONTACT OR BUSINESS CARDS

As students, we don't have titles, and that can make us feel insecure about possessing business cards! But what do we do when we leave a meaningful conversation at a networking event, hope the other person still has business cards? Of course not. Be proactive and confidently hand a contact card to that person. I felt very self-conscious when I made my first business card as a student, but because I did I received a follow-up email and meaningful connection with the president of the Chicago academy of Nutrition and Dietetics, Ginger Hultin MS RD.

Lesson 4: Leave every conversation with a way to follow up with that person.

5 LEAVE BUSINESS CARDS UNTOUCHED FOLLOWING THE EVENT

Simply put: if someone made even the smallest impact on you and your night, follow up with them within the next three days. Even if it is just a "Thank you for the conversation, it was nice to meet you". Believe me when I say it will go a long way!

Lesson 5: Always follow up on connections you've made to turn them into relationships!

FOCUS ON: INTERNSHIPS

Entrepreneurship, Leadership, & Business
in Supervised Practice



CARLY BOSSERT
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Becoming a leader in the field of dietetics begins with the right internship. Each issue of The NETwork features supervised practice programs with a focus on leadership and business so that you can make informed decisions about your future.

"Never let a person tell you no who doesn't have the power to say yes." -Eleanor Roosevelt

SODEXO HEALTH CARE - MULTIPLE LOCATIONS

Sodexo has recently made changes to its dietetic internship that have been approved by the Accreditation Council for Education in Nutrition and Dietetics of The Academy to offer their eight concentrations (Leadership, MNT, Diabetes, Pediatrics, Weight Management, Senior Living, Wellness, and Culinary) at all of their campus locations. Beginning April 1st, 2015, Sodexo will offer an MS Dietetics option track in collaboration with the University of Rhode Island, which will run concurrently with the internship and can be completed in 14 months. Robert Zurfluh, RDN and Associate Internship Director of the Sodexo Dietetic Program explains that in the leadership concentration all interns have the opportunity to explore their own passion by curating their own leadership elective rotation. Interns spend about 230 hours in this rotation to pursue their interest in leadership roles such as "private practice, corporate wellness, learning to be an internship director, or seeing what dietitians are doing in other countries among other interests," Robert explained. The goal is to provide interns with a strong set of leadership foundation skills, which can be acquired through readings, assignments, individual/group work in order to let them explore their own and other's leadership styles. "One of the strengths of this dietetic program is that we are a team of ten experienced internship directors working with over 100 interns annually across the US. This allows us to ensure that our interns have individualized experiences and have access to a member of the Sodexo team at all times."

For more info: www.dieteticintern.com and <http://www.dieteticintern.com/masters-track.html>

MEREDITH COLLEGE - RALEIGH, NORTH CAROLINA

Meredith College's dietetic internship offers a concentration in Leadership in the field of nutrition and/or in the community. This highly regarded program was recently rated number five on the College Choice 2015 Best U.S. Women's Colleges ranking. Director Cathie Ostrowski, MS, RD, LDN, FAND, shares that "the need for leadership in healthcare has been recognized for years." This program demands strong public speaking skills and attention to detail with the goal for 75% of graduates to be leaders in their profession and/or in their community within 3-5 years of completion. The program's design can be broken down into three steps: (1) Using more of a "lecture" style to teach interns how to be a leader and identify the characteristics of one. (2) Providing more leadership-focused activities not limited only to clinical and medical nutrition therapy (i.e. presenting before managers, Vice Presidents and Administrators, teaching clinical sites about the use of PES statements, etc), WIC/public health (i.e. provide inservices or classes), wellness (i.e. instruct classes, develop nutrition handouts, newsletters, recipes, and conduct patient interviews/educations), food service management (developing, executing and evaluating a theme day in Food Service Management). (3) The cumulative leadership rotation is a 4 week, 160 hour experience where "interns identify and secure their own rotation, objectives and goals to meet competency requirements." These range from full immersion into the Mediterranean Diet in Sansepolcro, Italy, working with Cooking Light dietitians, the World Health Organization (WHO) in Europe, or conducting research at Duke University. Cathie put it perfectly when she said, "[we] are the future of our profession and sites rely heavily on [our] ideas, creativity and connection with academia to stay current."

For more information: http://www.meredith.edu/images/uploads/di_handbook.pdf

KOMBUCHA

The Pulse on Food & Nutrition Trends

Miracle Tea or Nutrition Nightmare?

AMANDA VAUGHN
DIETETICS STUDENT
POINT LOMA NAZARENE



Touted for its ability to promote weight loss, immune function, improved digestion and even cure diseases, Kombucha has managed to gain significant amount popularity in modern culture. People have sworn by its medicinal qualities since ancient times. The problem... a lack scientific evidence. While this does not mean that all the claims regarding Kombucha are illegitimate, the uncertainty of its biological effects should put the trendy concoction on your health food radar. So let's go over some basics...

DEFINITION

Kombucha is created by combining black tea, sugar, and a Symbiotic Culture of Bacteria and Yeast, referred to as SCOBY or the "mother starter." The overall result is a fizzy fermented beverage filled with gut friendly probiotics.

SENSORY QUALITIES

- Taste: the sugar provides a subtle sweetness that downplays the intense sour influence of the yeast and bacteria. The drink is available in multiple flavors such as gingerberry, guava, and Sea Buckthorn.
- Mouthfeel: The fermentation gives of a fizzy attribute. And don't be frightened if you see little chunks or flakes of substance in your drink. It's not backwash or contamination!! Just a little hello from the "mother starter."

NUTRITIONAL CONTENT AND PROVEN HEALTH BENEFITS

Relativity low in calories (~30 kcal per 8 fl. oz serving) and sugar (~2-4g per serving) high in b vitamins and antioxidants, this drink is a nutritional winner when compared to other refreshments such as such as soda or juice. Moreover, it contains thousands of probiotics. This healthy bacteria has the ability to balance gut flora by repopulating the intestines with healthy bacteria. The potential result is improved immunity and gut health.

CLAIMS

If you browse the web or your local farmers market, you'd think the concoction was made with water from the fountain of youth. Claims include: Weight loss, enhanced vitality, anxiety reduction, stimulated immune system, hair and nail growth, cancer prevention, improved liver function, improved digestion, joint health, and a cure for multiple diseases, etc. The list goes on and on, but be mindful that " No human studies have been published in the available scientific literature that support any of the health claims made for Kombucha tea. There have, however, been reports of serious complications and death linked to the tea (American Cancer Society)."

POTENTIAL HARMS

While the claims make it seem as if the beverage is fountain of youth, misuse of the fizzy concoction could result in serious health issues. Too much of the beverage could result in stomach upset, infections, and allergic reactions. Moreover, the risk of contamination/infiltration of unfriendly bacteria puts one at risks of foodborne illness.

Minding that the evidence is not clear cut, how should a health professional react? As with most things, moderation is key. Since the risk of a negative reaction is legitimate, Kombucha recommendations ought to be made with serious precaution. It is up to each dietitian's/future dietitian's discretion to decide if the beverage is a healthy dietary addition or continuation.

LESSONS FROM A WANNABE ENTREPRENEUR



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The great mythologist Joseph Campbell said, “*Follow your bliss and don’t be afraid, and doors will open where you didn’t know they were going to be.*”

I have experienced this in tremendous ways over the past year as I’ve worked towards starting my business, The Wellie Project. In particular, there were lots of connections waiting on the other side of those unexpected doors. Three big things that have helped me connect with others while following my bliss:

PUT IT OUT THERE

We all have some crazy, weird, and ambitious ideas. If you’re hesitant to share yours with others, rip off that band-aid and get over it fast. You need to be talking about these things every chance you get, to anyone who will listen. Why? People can’t help you if you don’t give them the opportunity to do so. I’ve had all sorts of awesome things happen once I really started putting my ideas out there, including job offers, invitations to events, resource suggestions, and offers to connect me with others. Had I not spoken up, I’d be missing out on finding and opening all of these great doors.

LISTEN, LISTEN, LISTEN

Following your bliss can lead you to the right people, even if it’s not so obvious at the time. Be open to hearing everyone’s stories, opinions and advice, even if they don’t agree with you or understand what you want to do. Listen genuinely, with device-free hands and plenty of eye contact. Show that you care by asking questions about their experiences. You never know what you can learn! Once I truly became willing to hear others’ opinions and advice, I found so many teeny-tiny tidbits of wisdom that I’ve been able to apply to my life and my business.

SPEAK FROM THE HEART

What are you fighting for? How do you want to change the world? What is your personal mission statement? When you wholeheartedly believe in something, everyone can see it because you light up from the inside out. It helps you connect with others in a deeper way, and your willingness to be vulnerable makes it easier for them to do the same. You’ll naturally inspire each other and want to help each other succeed. The more I speak from the heart, the more the people around me do, too, and there’s nothing better than watching someone else light up while talking about their bliss!

What steps can you take today to start connecting and following your bliss?

STEPPING OUT OF YOUR COMFORT ZONE

A network is a community of professionals that strive to help each other succeed. What better way than becoming respected friends with someone in the same field to help you reach your career goals? In a networking system we all work together and provide guidance to those that *seek* it. If you want a successful future and a strong network you have to step out of your comfort zone and build a network for yourself.

An example of a time when I chose to step out of my comfort zone is when I was asked by my mentor to create a presentation and present with her on healthy eating in the work place. I immediately said yes with enthusiasm, thanking her for this growth opportunity, but inside I was bursting with fear and concern. Public speaking is one of my biggest fears, but I knew it would be good practice and I could show my mentor I could handle more responsibility. It was a great success and allowed me to build confidence about my public speaking, rapport among the dietetics community, and trust from my mentor.

It is important to keep in mind that you want to build a resume that makes you unique and sets you apart from the many students competing for internships. Gaining experience and seeking out opportunities for yourself is the perfect way to do this. When I was building my resume I made sure to provide myself with a wide range of work from clinical nutrition to sports nutrition and in all things in-between. I will admit that there were some aspects that I did not enjoy, but I am thankful that I know that now. You never know if you don't try, and what do you have to lose? I have friends that tell me that they have no idea what kind of career they want in the nutrition field, and this is why I am glad I stepped out of my comfort zone. Thanks to my mentors in my network that pushed me into new challenges, I have been able to pin point exactly what I want to do with my career.

There is no better time to start building a network for yourself then while you are a student. Start by talking about your goals with RDNs and fellow students to share ideas and the doors of opportunity will open themselves!



**MACY FOCKEN
DPD STUDENT
ARIZONA STATE
UNIVERSITY**

Helpful Hints to Start Living Outside of Your Comfort Zone

- Choose a variety of unique opportunities, and do not say no when a new opportunity presents itself
- Do it for the right reasons, because you want to have an impact
- Long term commitments are best
- Have positive self talk
- Take off the blinders, and keep an open mind
- Don't have a plan. This seems an odd thing to say, but do not get in the mindset that you love clinical nutrition and only focus on those opportunities, take advantage of whatever comes your way
- Use the internet to find opportunities. My not-so-secret is www.allaccessinternships.com > resources > "Get Experience". There are many RDN's that are looking for students like you to "intern" for them and it is the perfect way to start building your network!

THE POWER OF SOCIAL NETWORKING

TAWNIE KROLL
DIETETIC INTERN
CSU FRESNO



It is inevitable. Social media is all around us and it is continuing to grow; we need to learn to grow with it. As aspiring RDNs we can use this to our advantage in multiple ways.

SHARE YOUR KNOWLEDGE

Using Twitter, Facebook, Instagram, and even Snapchat to convey nutrition education messages is an easy way to advocate nutrition and health. Not only does this provide a service to the viewers but you are also building a brand of your own. RDNs are the nutrition experts with the knowledge and training to share evidenced based nutrition information. With almost everyone on some type of social media these days, using these outlets to educate the public with correct health and nutrition information is invaluable. RDNs are at the forefront of nutrition and health using evidenced based research to debunk health myths. Bottom line: Use social media to motivate others through the knowledge you obtain!

PROMOTE YOUR BRAND...IT IS FREE ADVERTISING!

Even as an intern, you can start promoting your brand through social media. Take me for example, I started a blog (KrollsKorner.com) during the first month of my internship to start promoting my personal brand. I encourage you all to start one for yourself as well! Even if you do not necessarily have a desire to start a blog, keep a personal one. It is good for identifying your passion in nutrition and draws you to certain areas in dietetics you may not realize you love. Doing something you love will carry you very far in your career. Bottom line: Start today. Start transforming your brand through virtual communication and begin a social media revolution for yourself.

COLLABORATE WITH OTHER HEALTH PROFESSIONALS

Your message on social media can reach hundreds, thousands, and maybe even millions one day. Think about the impact and connections you can make! Through my blogging, I have made many connections with other RDN bloggers that I never thought possible. Making the online connections with others you aspire to be is one key to success. Try to use networking as an opportunity to build mentor relationships, friendships or even someone to simply learn a new idea from. Learn to use effective communication skills with other RDNs on social media to exchange ideas and build confidence. Collaborating through social media is neat because it gives you the opportunity to eventually meet your virtual friends at conferences such as the Food and Nutrition Conference and Expo™. Taking a stand to reach out to others online will give you the opportunity to learn new, fresh ideas and also build long lasting friendships within the dietetics field. Bottom line: Reach out to other RDNs to learn from them and use them as resources to enhance your career. Also, collaborate to make a great group of friends! Social media is here to stay. RDNs can use it not only to share a wealth of knowledge but also to promote a brand and for making new relationships. Start your online presence today if you have not already. Inspire others and show the world what you have to offer!

INSPIRE
OTHERS & SHOW
THE WORLD WHAT
YOU HAVE TO
OFFER!

BUILDING RELATIONSHIPS, NOT JUST CONNECTIONS

MELISSA GIOVANNI
CPD GRADUATE STUDENT
EASTERN MICHIGAN UNIVERSITY



The number one trending hashtag would be #networking if there was a Twitter for business professionals. Networking is discussed in classes, lectures, and business seminars but what is often not mentioned is how to effectively apply networking techniques. The most important part of networking is building lasting relationships, not just making as many connections as possible. Having a small set of beneficial contacts to keep in touch with is more effective than a large set of inconsistent connections.

Effective networking can lead to new career opportunities, personal growth, career advancement, and increasing your overall knowledge base. To effectively network you need to not be afraid to reach out. Networking is about getting to know people whom you can help and who can help you.

As dietetic students we have the opportunity to extend our network throughout our education. Whether it be professors, preceptors, or other dietetic students we are constantly making connections. Getting and staying involved is one of the first steps of networking.

WAYS TO GET & STAY INVOLVED

- Become a student member of The Academy of Nutrition and Dietetics
- Join dietetic practice groups (DPGs) that interest you
- Join your local Academy chapter and attend member meetings regularly
- Find volunteer opportunities in your area
- Attend networking social gatherings
- Connect with other dietetic students in your program and other programs in your area
- Build relationships with your professors and program directors
- Stay in touch with all preceptors
- Seek out RDNs to job shadow and volunteer for when possible
- Find a mentor and offer to help them as they help you
- Maintain an up to date database of all of your connections

It is important to remember that networking is not one-sided. Two-way communication is critical when meeting a new connection. Make sure to ask the individual about himself or herself using open-ended questions. It can be helpful to create a list of questions to have when you need them.

OPEN-ENDED QUESTIONS

- What is your current position?
- How did you get into your field of practice?
- What type of clients or patients do you see?
- What resources were most helpful to you in obtaining your career?
- Do you take interns or know of anybody who does?
- Do you let students job shadow you?
- What do you enjoy most about your career?
- How do you see the dietetics profession changing in the future?
- What suggestions do you have for a dietetics student?

Having an elevator pitch prepared before networking events can also be useful. An elevator pitch is a 30-45 second speech that can summarize who you are, what you do or want to do, and why you would be a perfect candidate for a certain position. Be able to articulate what you are looking for and how others may help you and vice versa.

After meeting a new contact it is crucial that you start to build that relationship by reaching out in a timely manner. Call or email those you meet and express that you enjoyed meeting them and ask if you could get together to share ideas and discuss opportunities further. This simple step will ensure you are remembered positively.

Above all else, have patience. It takes time to network effectively. We will be networking for our entire careers and it is a great way to help us achieve our goals!

RDN CHAT: DIETITIANS IN OUT-OF-THE-BOX CAREERS

William Andrew Clark, PhD, RD *Connecting Research with Entrepreneurship*

William Andrew Clark, PhD, RD is the Associate Dean of Research and Clinical Practice at East Tennessee State University. He has worked in both the academic and industrial sectors as a nutritionist and research scientist. He received his doctorate in Nutrition in 1980 and his R.D. in 2012. He has been teaching at East Tennessee State University for thirteen years and is also known to shred on the guitar, make biochemistry jokes that few of his students understand, and wear Beatles shirts under his sports coat. While working in industry, he got his first taste of entrepreneurship serving as a liaison between a chemical company and a consulting firm out of Harvard Business School for a period of two years. “I learned how to segment an industry into discreet market segments and determine which market segments created the most opportunity for value creation. As a scientist, this gave me a different set of lenses to look at the world through. As scientists, we are always looking for solutions to problems. Becoming an entrepreneur is about finding an unmet market need that needs a solution and one that customers will be willing to pay for. Research that is driven by sound market reasoning is profitable and more importantly, you develop a reputation of delivering research projects that create value for the company. This results in employee recognition and career advancement opportunities.”



Featured RD, Dr. Clark

It was with this “unmet market need” focus that he led the team that developed AquaDEK’s Nutritional Supplement, a self-absorbing fat soluble vitamin and nutrient supplement for patients with impaired lipid absorption such as those with cystic fibrosis. More recently, Clark has been developing a nutrition based topical gel for the reduction of pain in patients with shingles and for the treatment of eczema. He has also been working on a nutritional supplement for optimizing ovarian function in women experiencing fertility problems. His advice for student and beginning entrepreneurs is to find a mentor and carefully think through the steps of starting and maintaining a business.

“Develop a business plan and spend time on the cash revenue model. How are you going to make money? Will people pay you for what you are proposing? Do you have competition in the region or are you building a new concept? Is there an allied business that you can partner with (a gym, a physician’s office, physical therapy office, etc.) to increase the likelihood of picking up clients?”

Working with other business professionals to help your idea take shape and become a reality is also crucial. Clark recommends finding a team of advisers from the financial, legal, and marketing realms that have an interest in you and your entrepreneurial success. Offering some sort of financial incentives for working with you, such as stock options, may help you find these professionals. He is very hopeful about the future of opportunities for nutrition entrepreneurs. Clark believes that the aging population of the baby boomer generation will open up many potential business models.



“Dietitians can create many different business models to meet the needs of this group. Preparation of healthy foods that can be frozen and delivered to seniors will grow in popularity and a kitchen that can customize dishes for individual clients will be successful. Have seniors travel to your bed and breakfast (Senior Hostel) for a weekend of nutrition advice, good food, and exercise (hiking on trails with creative and nutritious trail snacks and lunches). The list goes on and on with the group and it is a growing opportunity.”

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