Vanessa Meza

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LICENSURES/CERTIFICATIONS

Registered Dietitian by the Commission on Dietetic Registration, 2022
Licensed Dietitian by the Texas Dept. of Licensing and Regulation, 2022

EDUCATION

M.S. in Human Nutrition, 2022
Texas State University, San Marcos, TX
Dietetic Internship, 2022
Texas State University, San Marcos, TX
B.S. in Nutrition and Public Health, 2018
Autonomous University of Nuevo Leon (UANL), Mexico
International Baccalaureate Diploma (IB), 2013
Maria Montessori School, Mexico

AWARDS

Talent Program Recognition, 4 consecutive years. UANL, 2014-2018
Award given to students that maintained a minimum average grade of 95/100 and completed a minimum of 80 hours/year of community service. Community service completed by:
-Volunteering at a community health clinic providing free nutrition education to patients.
-Free tutoring sessions to students that could not afford the school's tutoring services.
-Translating research papers from English to Spanish for research projects.

Top Student Award. UANL, 2018
Top Student of class generation when graduated based upon high academic achievement.

EXPERIENCE

Research Assistant, at University of North Florida, 2025
Assisted Dr. Lauren Butler, PhD, RDN, on a research project that looked at the feasibility and validity of a new food frequency questionnaire that included traditional Mexican food items.

Program Developer, at Sustainable Food Center, 2023
Created a six-week curriculum for cooking classes focusing on diabetes. Trained the speakers who gave the classes.

Research Assistant, at Texas State University, 2023
Assisted Dr. Lauren Butler, PhD, RDN with a research project about community health workers and their knowledge and experience with weight bias and discrimination.

Research Assistant, at Texas State University, 2022
Research rotation- assisted Dr. Biediger-Friedman on the WIC project, 2022
This project assessed the feasibility of a chatbot on the Spanish WIC website.

Dietetic Internship, at Texas State University, 2021-2022
- Research rotation- assisted Dr. Cassandra Johnson on the "MESA" project, 2021
This project assessed the validity of a tool that measures food insecurity in the Hispanic population.
-"Veggie Meter" training given to dietetic interns, Texas State University, 2021
-Education sessions to patients hospitalized at St. David's South Austin Medical Center, 2022
-Rotations at San Antonio Food Bank, WIC San Marcos, Bobcat Bounty, Mother's Milk Bank, Mom's Place Lactation Support.

Nutrition Counseling, at Skin Care clinic, Mexico 2018-2019

Collaborated with the Skin Care clinic to provided nutrition counseling services to adult patients.

Professor assistant, UANL, Mexico. 2018

Assisted a professor to teach "Intro to Nutrition" to undergrad students at the Chemical Sciences School.

Taught most of the topics to one of the two groups. Graded all the assignments and kept record of the grades. Created, reviewed, and graded the exams for the course. Conducted meetings with students to answer questions about assignments and the final project when needed. Observed and graded students' final presentations.

Nutrition Counseling to students and faculty "UANL Saludable" program, Mexico, 2018

Provided nutrition education and counseling sessions to students and faculty members. Researched and shared digital and printed resources. Created handouts and flyers with nutrition information.

Tutor, UANL, Mexico, 2015-2018

Tutored students on Biochemical Metabolism topics, essay writing, and basic English which was mandatory to be able to graduate. Collaborated with other tutors to provide more efficient tutoring sessions when needed. Communicated with professors about the topics that were going to be covered on the test.

TEACHING

Per-course lecturer, at Texas State University

NUTR 2360- Nutrition Science
NUTR 2361- Nutrition Assessment
NUTR 3362- Nutrition and Health
NUTR 3367- Nutrition Physiology
NUTR 4301- Career Exploration Experience (online)
NUTR 4361- Biochemical Nutrition
NUTR 4366- Ethics and Policy in Nutrition
NUTR 5372- Advances in Nutrition and Policy
FCS 3303- Intro to Research in FCS

PRESENTATIONS

Short 10-minute Education Sessions about healthy eating to patients' family members at Eulalio Gutierrez Hospital, Mexico, 2017

Research Poster Presentation called "Estudio Observacional de Prevalencia de Sobrepeso y Obesidad en Estudiantes Asistentes al Evento del Dia Mundial de la Alimentación" at the Simposio Nacional de Ciencias Farmacéuticas y Biomedicina Aplicada, UANL, 2018

Talk called "Impact of High Consumption of Food of Animal Origin" at Economics School, UANL, 2018

Broadcast at radio station in Monclova, Mexico, 2018

Created a section at a local radio station covering basic nutrition topics and a Q&A section that was broadcasted once a week.

Series of 4 talks, at "Vive sin Cancer" community health center, Mexico, 2018

Conducted 4 one-hour talks about different nutrition topics to patients from the community health center.

Poster Presentation called "Nutritional Intervention for Intubated Patients with COVID-19: A Case Study Report" at FCS Bloom Event, Texas State University, 2022

MEMBERSHIPS

Academy of Nutrition and Dietetics, Member

LANGUAGES

Proficient at reading, writing, and speaking Spanish (mother tongue) and English.

COMPUTER/TECHNICAL SKILLS

Proficient on Word, Excel, Power Point, Canva, Canvas, Zoom, Teams,
Navigated/used the eNCPT website, PubMed, and other peer review journal websites.