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## **EDUCATION:**

<b><u>INSTITUTION</u></b>	<b><u>LOCATION</u></b>	<b><u>DEGREE</u></b>	<b><u>MAJOR</u></b>
Touro Infirmary University of Maryland	New Orleans, LA College Park, MD	Dietetic Internship Bachelor of Science	General Dietetics Dietetics

## **PROFESSIONAL EXPERIENCE:**

<b><u>ORGANIZATION</u></b>	<b><u>LOCATION</u></b>	<b><u>DATES</u></b>	<b><u>TITLE</u></b>
Private Practice	Potomac, MD	1988 – present	
Nutrition Consulting Services	Bethesda, MD	1992 – present	Partner
Shady Grove Eating Disorder Program	Gaithersburg, MD	1989 – 1993	Consultant Program Coordinator
YMCA of Greater Washington	Washington, DC	1988 – 1990	Consultant
Day Treatment Hospital of DC	Washington, DC	1999 – 1991	Consultant
Montgomery County Day Care Association	Kensington, MD	1989 – 1994	Consultant
Marriott Corporation	Washington, DC	1986 – 1987	Relief Manager/Dietitian Patient Food Service Manager
West Florida Regional Medical Center	Pensacola, FL	1984 – 1986	Assistant Food Service Manager Clinical Dietitian
Lorien Nursing and Convalescent Home	Columbia, MD	1983 – 1984	Food Service Manager

- Established private practice in the Washington DC area in 1988. Consultation has been provided to individuals and groups including endocrinologist C. Wayne Callaway for 5 years, several internal medicine offices, an OB/GYN office, and Metropolitan Psychiatric Group for 5 years. Maintains independent office for seeing individual clients with a specialty area of eating disorder treatment, women's nutrition, weight management and healthy family eating.\
- Formed *Nutrition Consulting Services*, a partnership with another Registered Dietitian, devoted to teaching dietitians the basics of starting a private practice. 20 one-day workshops have been conducted nationwide. As a partner, responsibilities include designing the curriculum, producing materials and coordinating all logistics of the workshops from creating brochures to securing locations for the meetings. More than 1500 dietitians have attended the one-day workshops since they began in 1993. Products developed in conjunction with the workshop include: **The Be Your Own Boss Starter Kit**, which includes forms on disc designed to be reproduced and personalized and **Be Your Own Boss Tape and Study Guide**. Over

4000 products have been sold either through direct mail, booths at the Annual Meeting and Exhibition, at conferences and word of mouth.

- In 1992, formed the Washington, D.C. area's first support group for friends and families of people with eating disorders. This support group gave birth to **The Consortium of Eating Disorder Specialists**, a rotating group of healthcare professionals who facilitate the group.
- Act as "expert" for nutrition stories in the media including *The Washington Post* and *USA Today*.
- Serve as media spokesperson to represent various food products as contracted by public relations firms.

### Publications

<u>TITLE</u>	<u>DATES</u>
Litt, A. and Mitchell, F.B., <b>American Dietetic Association Guide to Private Practice – An Introduction to Starting Your Own Business</b>	2004
Litt, A., and Mitchell, F.B., <i>Be Your Own Boss... The Basics of Starting a Private Practice.</i> (Audio Tapes and Study)	1995, 1999

### Presentations

<u>TITLE</u>	<u>PRESENTATION STYLE</u>	<u>AUDIENCE/LOCATION</u>	<u>DATE</u>
Be Your Own Boss: The Basics of Starting a Private Practice	One-day seminar	Dietitians	
		Wilmington, DE	3/03
		White Plains, NY	4/03
		Detroit, MI	9/02
		Hartford, CT	10/01
		King of Prussia, PA	09/01
		San Francisco, CA	11/00
		Los Angeles, CA	11/00
		Atlanta, GA	6/00
		Boca Raton, FL	5/00
		Boston, MA	11/99
		Columbia, MD	9/99
		New Brunswick, NJ	9/99
		Chicago, IL	6/99
		Columbus, OH	6/99
		King of Prussia, PA	3/97
		Richmond, VA	9/96
		Parsippany, NJ	3/96
		Fort Lauderdale, FL	1/96
		Rosemont, IL	6/95
Framingham, MA	5/95		
Towson, MD	3/95		
Dallas, TX	4/94		
Houston, TX	4/94		
Atlanta, GA	3/94		
King of Prussia, PA	11/93		
White Plains, NY	10/93		
Washington, DC	4/97		

## Featured Speaker:

Making Nutrition A Practice	Teleseminar	American Dietetic Association	4/05
Are You Ready to Be Your Own Boss: Tools, Skills And Strategies for Building A Successful Private Practice	Major Session	District of Columbia Metropolitan Area Dietetic Association	6/04
Food for Thought - The Pitfalls of Popular Diets	Keynote Speaker	Congregation B'nai Israel Sisterhood	2/02
Negotiating College Eating	Keynote Speaker	Holy Child School Potomac, MD	4/02
Marketing Your Practice	Roundtable	NE Networking Breakfast at ADA/FNCE Philadelphia, PA	10/02
Dieting Dangers, Body Image and Teen Eating	Keynote Speaker	8 <sup>th</sup> Grade Seminar Green Acres School Rockville, MD	3/01
Eat for Your Health	Keynote Speaker	Congregation B'nai Israel Sisterhood	4/01
Take the Plunge - The Basics of Starting A Private Practice	Major Session	Nutrition Entrepreneurs Regional Workshop Dallas, TX	3/00
		Greater New York Dietetic Association New York, NY	9/00
Decoding the Codes- A Guide to Reimbursement	Roundtable	Nutrition Entrepreneurs Networking Breakfast Denver, CO	10/00
Nutrition Communication- It's No Easy Task	Major Session	American Dietetic Association Annual Meeting	10/00
Nutritional Treatment	Panelist	Family Resources for Education on Eating Disorders Potomac, MD	2/99
Baby Feeding Basics	Keynote Speaker	Parent Education Network Rockville, MD	10/99
Ready, Set, Go! - How to Start a Private Practice	Roundtable	Nutrition Entrepreneurs Networking Breakfast Atlanta, GA	10/99

Finding a Nutrition Therapist to Treat Eating Disorders	Panelist	Family Resources for Education on Eating Disorders Potomac, MD	2/98
Be Your Own Boss - An Evolving Role for Dietitians	Major Session	New Jersey Dietetic Association Atlantic City, NJ	5/98
The Dietitian's Role in Treating Eating Disorders	Panelist	Bethesda Community Action Team Bethesda, MD	2/97
How to Get Up and Running – Starting a Private Practice	Roundtable	Nutrition Entrepreneurs Networking Breakfast Boston, MA	10/97

Other presentations related to Eating Disorders, Starting a Private Practice and nutrition through the lifecycle have been given since 1990.

### Media:

<u>Topic/Message</u>	<u>Location/Audience</u>	<u>Date</u>
“Smart Snacking”	Media Spokesperson for Kraft Foods Weber-Shandwick Washington, DC	3/04
“The Benefits of Dan-Active”	Media Spokesperson Fleishman- Hillard Washington, DC	4/04
“Identifying Eating Disorders”	WPFW radio interview Washington, DC	2/99
“Nutrition Now”	Bi-weekly Live Television Interview	1996-97
“Feeding Tots to Teens”	Parents Perspective Syndicated radio show-	3/97
“The Benefits of Lycopene in the Diet”	Media Spokesperson for Hunts food Company The Capitol Group Live National Radio Tour Video News Release	4/96

Newspapers/magazines: Provided content information and was quoted for articles appearing in *The Washington Post* (WP), *USA Today* (USA) and *Men's Health* (MH).

Dieters Face Largest Leap (USA 2005), More Bac for the Buck (WP 2004), Skip Gimmicks, Not Meals (USA 1997), Roll Your Own, (MH 1997), Roll Your Own, (MH 1997), Quantity Counts, and It Adds Too, (WP 1996), How Do Skinny

People Get Away With It?, (WP 1995), Nutritious Food for Thought, for Kids and Baby Boomers, (USA 1995), Building a Better Vegetarian, (WP 1995), Time to Stop Cuddling Your Dietary Impulses, Some Expert Advice on Choosing Melons (WP 1995), Retraining Your Taste Buds, (WP, 1994), Dieters Avoiding the Fat Can Run Into Problems (WP 1994), Back to Nature for Flavor, (WP 1994), When No-Fat Makes No Sense, (WP 1994), Running Dietary Red Lights, (WP 1994), Fast Food Burgers: The Best And Worst, (WP 1994), A Way Out of Weighing In, (WP 1994), 12 Festive Foods of the season, (WP, 1993).

## **LEADERSHIP ACHIEVEMENT IN NUTRITION RELATED ORGANIZATIONS**

<b><u>DISTRICT/STATE/NATIONAL</u></b>	<b><u>POSITION</u></b>	<b><u>YEAR</u></b>
Nutrition Entrepreneurs	Nominating Committee	2004 –2005
Nutrition Entrepreneurs	Director of Member Services	1999 – 2000
Nutrition Entrepreneurs	Director Elect of Member Services	1998 – 1999
Nutrition Entrepreneurs	Mentor	1996 – 1999
District of Columbia Metropolitan Area Dietetic Association (DCMADA)	State Media Representative	1992 – 1997
DCMADA	Council on Practice Chair	1991 – 1992
DCMADA	Consultation and Private Practice Chair	1989 – 1990
<b>Non ADA:</b>		
Consulting Nutritionists in the Chesapeake Bay Area (CN)	President	1991 – 1992
CN	President-Elect	1990 – 1991
CN	Secretary	1989 – 1990
Family Resources for Education on Eating Disorders	Advisory Board	1994 – 1996

### **LICENSES**

Maryland License	Licensed Nutritionist
Washington, District of Columbia License	Licensed Nutritionist

<b><u>TITLE OF AWARD</u></b>	<b><u>ORGANIZATION</u></b>	<b><u>YEAR</u></b>
Recognized Young Dietitian of The Year	American Dietetic Association	1991
President's Certificate of Appreciation	DCMADA	1990