

# Staci Shacter MS RD LDN

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Cooper City FL 33026

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(954) 290-9598

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## EDUCATION

**Florida International University** - Miami, Florida

*Spring 2009*

*Masters in Dietetics and Nutrition*

Registered Dietitian

Published: BMI & attitudes and beliefs about physical activity and nutrition of parents of adolescents with intellectual disabilities, *Journal of Intellectual Disabilities Research*, Volume 55, issue 11, pages 1054-106

**University of Florida** - Gainesville, Florida

*Spring 2004*

*Bachelor of Arts, Business Management*

## WORK EXPERIENCE

**Sleep Manatee, Nutritionist**- Bradenton

*May 2017- February 2018*

- Provide nutrition consults as part of comprehensive medical weight loss program overseen by board certified obesity specialist.
- Weight loss program features my book paired with nutrition script-pad to provide all the tools patients need to ease their transition into a healthy lifestyle/diet program.
- Customized suggestions for lifestyle, preferences, and health conditions

**Drug and Alcohol Rehab, Nutritionist**- Florida House since 2018

*November 2015- Present*

- Lead nutrition group lecture/consult to patients in rehab for drug and alcohol abuse.
- Provide one-on-one nutrition consults as needed for rehab patients.
- Work with chef and tech staff to provide healthy meal and snack options.

**Sapoznik Insurance, Nutritionist**- Miami-Dade County

*January 2014- Present*

- Create and provide lectures to employees of companies insured through Sapoznik.
- Created tools and processes for providing one-on-one mini consults that can be customized to individuals in corporate wellness setting.

**Canyon Ranch (now Carillon Miami Beach), Nutritionist**- Miami Beach

*September 2013- Present*

- Integrative nutrition and wellness counseling and education
- Weekly nutrition lectures to guests and residents.
- Put together research to present to the doctor and team to improve protocols for patient treatment.

**Health is Wealth, Nutrition Director**- Kosher Organics

*March 2013- Present*

- Evaluates all products looking to be certified kosher with Kosher Organics.
- Designs and signs-off on meals provided at Executive Ranches boutique rehab for drugs/alcohol.
- Lecture at Executive Ranches on clean eating, healthy habits, and supporting recovery.

**Concorde University, Nutrition Instructor**

*March 2012- June 2013*

- Carry out lesson plans and teach nursing students basic nutrition from a clinical perspective

**Book/Magazine/Online, Nutrition Author**

*December 2011- Present*

- Author of: The Meat & Potatoes of a Healthy Meal Plan...no bun intended
- Gather research and put together information on various nutrition topics
- Freelance writer for nutrition articles for publication in magazine and on the web

**Health is Wealth, Nutrition Consulting** – Aventura/Ft. Lauderdale/North Miami/Boca

*November 2011– Present*

- Referred by Rheumatologist, Pain Management, Cardiologist, OBGYN, Integrative anti-aging MD.
- Integrative nutrition and wellness counseling and education
- Develop custom diet, lifestyle, and supplement support programs for clients

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- Grocery store/farmer's market tours, individual/group/distance consults, lectures/workshops, home kitchen sessions

## **Ultimate Nutrition & Health, Apprenticeship- North Miami**

*November 2010 - July 2011*

- Administered nutrition screen to new clients
- Developed nutrition plans and handouts for clients
- Observed client consults to learn protocols for integrative nutrition care from guru Andrea Larsen

## **Childhood Nutrition Education, Yeshiva Elementary School- Miami**

*November 2010 – December 2010*

- Prepared and presented 4 animated visual presentations on food groups for grades 1-6

## **Health South Rehabilitation Hospital, Clinical Dietitian – Sunrise**

*December 2009 – September 2013*

- Assess patient needs & work with specialists to determine and carryout patient care plan
- Educate patients on disease specific diets

## **PROFESSIONAL DEVELOPMENT SEMINARS & WEBINARS OF SPECIALIZATION**

- Food For Thought: How Nutrients Affect Mental Health and the Brain
- The Brain's Regulatory Systems
  - Cortisol and melatonin circadian rhythm physiology
  - The role of nitric oxide on the immune system
- Functional Cardiology
- Evaluating Adrenal Strength Through Salivary Testing
- Gluten and Leaky Gut
  - Understanding the complexity of gluten sensitivity
  - Breaking the complex web of leaky gut
- Functional Blood Chemistry Analysis
- Mastering the Brain (3 day seminar)
- Meta-Energetics
- Mastering the Thyroid (3 day seminar)
- Neuroendocrine and immune response to toxic exposure
- German Biological Medicine
- SIBO Small Intestinal Bacterial Overgrowth
- Nutrigenomics/Genetics testing and application
- Integrative approaches for Cancer
- iCamp 2017 University of Miami CEUs in functional and integrative medicine

## **SEMINARS CREATED AND PRESENTED TO HEALTHCARE PROVIDERS**

- Digestive Issues- An Integrative Approach (The big 3: IBS, GERD, constipation)
- Functional Cardiology
- General Nutrition Support – An integrative Approach
- Analyzing Diet Trends and Learning Foundational Nutrition Based on Current Research

## **LECTURES CREATED AND PROVIDED TO THE PUBLIC**

- Anti-inflammatory Diet
- Eating healthy on a budget
- Quick and Easy Healthy Meals
- Juicing vs. Smoothies
- What is "Detox"?
- To salt or not to salt?
- Myth Busting Fad Diets
- Bars and shakes, which to take?
- Holiday Eating...going in with a plan
- Heart Health: An integrative approach
- Why put a label on it? Reading Nutrition Labels
- Diabetes: An integrative approach
- Beauty is Wellness: An integrative approach to anti-aging
- Why can't I lose weight? – Exploring reasons outside of diet and exercise
- Eating Clean to Stay Clean: Connecting nutrition to brain health, mood, and addiction
- Practical application-integrating wellness into your routine for staying clean.

## **BOOKS**

*The Meat & Potatoes of a Healthy Meal Plan...no bun intended A Practical Guide for Healthy Dietary Change*

*The Meat & Potatoes of a Low-FODMAP Meal Plan...no bun intended for IBS & SIBO*

*(Also available in Spanish)*