

Sandra Frank, Ed.D, RDN, FAND

9715 NW 18th Street
Coral Springs, FL 33071
954-294-6300
recipenews@gmail.com



Nutrition Analysis, Recipe and Menu Development

Specializes in Recipe and Menu Development and Nutrition Analysis for the Media, Book Publishers; Medical Professionals, Food Industry, and Food Bloggers.

Education

Florida Atlantic University, Boca Raton, Florida. Doctor of Education, April 1986, teaching field Nutrition, minor computer software and statistics. Dissertation: The relationship of locus of control on weight loss. Presented at the American Dietetic Association National Convention, Las Vegas, Nevada, October 1986.

Long Island University, Greenvale, New York. Master of Science, January 1981, major in Nutritional Biochemistry and Medical Biology. Research: The Relationship between Serotonin and Tryptophan in the Human Brain. Thesis: Evaluating the implementation of a community nutrition education program.

Brooklyn College, Brooklyn, New York. Bachelor of Arts, February 1979, major in Foods and Nutrition.

New Mexico State University, Las Cruces, New Mexico. Major in Agronomy and Dietetics 1973 to 1976.

Experiences

Nutrition Analysis, Recipe and Menu Development: Media, Book Publishers; Medical Professionals, Food Industry, and Food Bloggers

September 1989 to Present. Consultant Dietitian (Newspapers and Magazines): Nutrition Analysis Expert. One of the first dietitians to receive a position working as a nutrition media consultant. Sun-Sentinel, Ft Lauderdale, FL. (Sept 1989 - 2020); Condé Nast, Bon Appétit, NY (January 1995 - January 2012); Past Affiliates. Atlanta Constitution, GA Detroit Free Press, Detroit, MI Fort Worth Star, Worth Forth, Texas

Internet Communication, Education, Web Design and Social Media

October 1997 to present. Creates websites, blogs and social media pages to provide current news, events and resources in Nutrition, Food, Health, Safety, Disability Rights and Environmental Issues. The goal is to encourage awareness and inspire ideas for Journalists, Educators, Consumers and Health Professionals. Assist in helping dietitians design blogs and websites.

On-line

March 2008 to Present. Weighing-Success.

Weighing Success contains nutrition news and resources. It is the gateway to the other sites developed. There are lifestyle tools to calculate nutritional needs, exercise and meal planning.

Website. www.weighing-success.com

Facebook. www.facebook.com/DietitiansOnline

Blog. <https://dietitians-online.blogspot.com/>

Twitter. <https://twitter.com/DietitianOnline>

Wellness News. <http://weighing-success.com/WellnessNews.html>

Wellness News is a monthly newsletter which is up-dated daily. The newsletter provides current Food, Nutrition, and Health Events. The staff includes individuals with special needs, such as Cerebral Palsy, Autism, Down Syndrome, Muscular Dystrophy and other disabilities.

Eatright Art. <http://eatrightart.blogspot.com/> exhibit features healthy food photography and designs.

October 2009 to Present. Dietitians-Online.

Dietitians-Online was created to acknowledge the contributions of the Dietitian (RD and APD) on the Internet.

Website. Dietitians-Online.com

Blog. www.dietitians-online.blogspot.com

Facebook. www.facebook.com/DietitiansOnline

Twitter. www.twitter.com/DietitianOnline

LinkedIn. www.linkedin.com/in/eatrightwdrfrank

January 2010 to 2018. Social Media Chair. Florida Academy of Nutrition and Dietetics

May 2008 to 2018. Social Media Chair. Broward County Dietetic Association

June 2008 to June 2011. Doctors Weight Loss Solution

June 2005 to Present. [Forensic Psychiatry](#), Jerald H. Ratner, M.D., L.F.A.P.A., F.A.B.F.E.

October 2005 to 2018. [E-Cards with Health Messages](#) and a Celebration of Life, a part of Ability-Connection.com

October 2005 to August 2013. Wheelchair-Connection

June 2003 to October 2004. Chief Clinical Dietitian/Licensed Nutritionist, Whitehall of Boca, Boca Raton, FL. Responsibilities: Overseeing the clinical aspect of the Nutritional Services Department, including writing care plans and MDS, providing in-service training and designing quality assurance programs.

June 1983 to June 1987; June 1991 to March 1994. Registered Dietitian/Clinical Nutritionist and Special Projects Coordinator; Gold Coast Health Center, Fort Lauderdale, FL. Participated in care plans, documentation, and quality assurance. In addition, wrote grants and was awarded a two year contract to teach individuals and families affected by the AIDS virus.

Grant Writing for Older Americans Act and Ryan White Funds, Menu Planning for Disabled

October 1984 to December 1998. President, Nutrition by Design. Coral Springs, Florida. Consultant to the health care industry, commercial food service, government agencies under Title III of the Older American Act and Ryan White Funds. Produced and developed recipes and cycle menus. Consultant in nutritional software. Provided nutritional education and assessments. Past or Present Associations: United Cerebral Palsy, HBA Corporation, Ft Lauderdale, FL. Mid-America Food service, West Palm Beach, FL., GA Food service, FL, Jewish Vocational Services, Miami.

Education Experiences

1981 to June 1985. Program Director, Broward Community College, Fort Lauderdale, Florida. Administered and taught the Dietetic Technician Program. Received grant monies to develop nutrition education films.

Curriculum and Program Development:

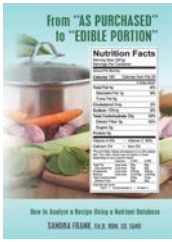
Food Preparation and Serving Techniques
Food Safety and Protection
Long Term Care Dietary Regulations
Clinical Experiences in Dietetics
Dietary Department Operations
Current Events and Controversies
Social Media Etiquette (2010)

Food Purchasing
Gerontological Nutrition
Nutrition through the Life Cycle
Food Journalism
Nutrition Counseling and Education
Food Styling and Photography (2011)

ADA approved experience

July 1979 to February 1981. Administrative and Clinical Dietitian, Holliswood Care Center, Hollis, N.Y. Coordinated the nutritional component of the dietary department. ADA approved experience.

Publications

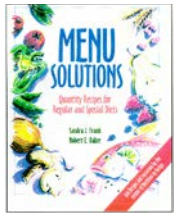


From "As Purchased" to "Edible Portion": How to Analyze a Recipe Using a Nutrient Database. (2014, Amazon) From "As Purchased to "Edible Portion" How to Analyze a Recipe Using a Nutrient Database. Purchasing nutrient analysis software and learning how to use the program is only useful if you have the knowledge to convert "as purchased" ingredients to the "edible portion." This book describes how to read a recipe and enter the correct ingredients and amounts, in order to provide an accurate nutrient analysis.

The Edible Alphabet



The Edible Alphabet. (2013, Smashwords) A unique way to teach the alphabet while introducing new foods. The graphic designs are made from foods representing each letter. Nutrition information is available for the highlighted foods. A visual design of MyPlate is included.



Menu Solutions, (1996, John Wiley, New York) over 300 modified recipes with therapeutic menus. Developed for the health care industry and consumer (household and quantity portions). A textbook to teach modified cooking and menu planning.

Memberships and Awards (RD# 557436)

May 2012. Recipient of the Broward County Dietetic Association Dietitian of the Year Award.

June, 2010. Recipient of the Broward County Dietetic Association 2010 Journalism and Integrity Award.

July, 2009. Recipient of Florida Dietetic Association 2009 Public Service Award

Academy of Nutrition and Dietetics

Florida Dietetic Association

Broward County Dietetic Association

Health and Nutrition Writers

Nutrition Education for the Public

Dietitians in Business and Communications

Healthy Corporate Foodies

Community Activities and Volunteer Work

2004-present **"Wellness News"** Employees disabled adults to assist with the Wellness Calendar.

1997-present Created non-profit web sites to provide resources, support and news.

1995-present Preparation of Cycle Menus with diet modifications for the Group Homes of Broward

2009-2012 Mentor with student dietetic association at Florida International University

2001-2003 Assisted in the feeding of indigent patients, Broward County, FL

1999-2001 Provided nutrition education, food and supplies to individuals with HIV/AIDS and their families, Broward County, FL

1984-1998 Delivered meals to the elderly, disabled, and blind, Broward County, FL.

1992-1994 The mother of the United Cerebral Palsy Poster Child, Broward County, FL

1988-1989 Ombudsman Council, Appointed by governor. Gave lectures on providing quality care to the elderly and disabled.

1981-1985 Florida International University Dietetics Advisory Committee

1981-1985 Broward Community College/Atlantic Vocational Advisory Committee. Created nutrition education videos

1979-1980 Worked with Senior Citizen Volunteers, Long Beach, New York

1978-1979 Taught nutrition to under privileged children, Roosevelt, New York.