

Sandra J. Frank, Ed.D., RD, LDN
954.796.7235; recipenews@gmail.com

Specializing in Nutrition Research and Analysis
Media Consultant in Food & Nutrition



Voted Top 20 Nutrition Expert by Huffingtonpost

Sandra J Frank, Ed.D, RD, LDN
9715 Northwest 18th Street, Coral Springs, Florida 33071

954-796-7235
e-Mail: Recipenews@gmail.com

Nutrient Analysis Research, Internet Communication, Education, Web Design and Social Media

Provides current news and resources in Nutrition, Food, Health, Safety, Food Shopping, Weight Control, Disability Rights, and Environmental Issues. Encourage awareness and inspire ideas for Journalists, Educators, Consumers and Health Professionals.

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

Media

September 1989 to Present. Consultant Dietitian (Newspapers and Magazines): Nutrition Analysis Expert. One of the first dietitians to receive a position working with as a nutrition media consultant. Sun-Sentinel, Ft Lauderdale, FL. (Sept 1989 - Present); 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. Currently, over 150,000 people visit our Internet pages monthly.

On-line Presence

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/HealthandNews

Blog. www.weighing-success.blogspot.com
Twitter. www.twitter.com/wellness_news

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.

October 2009 to Present. Dietitians-Online.

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

Website. www.Dietitians-Online.com

Facebook. www.facebook.com/DietitiansOnline

LinkedIn. www.linkedin.com/in/eatrightwdrfrank

Blog. www.dietitians-online.blogspot.com

Twitter. www.twitter.com/DietitianOnline

January 2010 to Present. Social Media Chair. [Florida Dietetic Association](http://FloridaDieteticAssociation.org)

June 2005 to Present. [Forensic Psychiatry](http://ForensicPsychiatry.com), Jerald H. Ratner, M.D., L.F.A.P.A., F.A.B.F.E.

October 2005 to Present. Wheelchair-Connection.com

October 2005 to Present. [E-Cards with Health Messages](http://E-CardswithHealthMessages.com) and a Celebration of Life, a part of Wheelchair-Connection.com

May 2008 to October 2012. Social Media Chair. [Broward County Dietetic Association](http://BrowardCountyDieteticAssociation.org)

June 2008 to June 2011. [Doctors Weight Loss Solution](http://DoctorsWeightLossSolution.com)

Clinical and Grants

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

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.

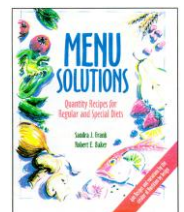
Curriculum and Program Development:

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.



Publication

Menu Solutions, 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. Publisher: John Wiley, March 1996

Memberships and Awards (RD# 557436; License No. 0001739)

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

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

2004-present ***"Believe in your Dreams"*** project. 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

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.

1982-1984 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.



Unconventional Dietetics Practice - Sandra Frank

An interview by Heather Fisher, MS, RD, LD/N; FDA Secretary

Dr. Frank is both a pioneer in the field of Dietetics and a remarkable woman. Her non-traditional career was shaped by life's adventures and challenges. She draws motivation from her idealism, a desire to help others, and her passion for nutrition. I hope you will be inspired and encouraged by her story as much as I am. Thanks for sharing Dr. Frank!

College education and professional path

At the young age of sixteen, Dr. Frank moved to New Mexico to major in agronomy (crop production). She wanted to work outdoors and help feed the world. Dr. Frank said, "I was idealistic; I still believe we can make a difference." Three years into her major, she participated in a weight control experiment. She stated, "I had been overweight most of my life. Within 1-1/2 years I lost 103 pounds and changed my major to nutrition and dietetics."

After she obtained her Bachelor's degree in Food and Nutrition and Master's degree in Medical Biology and Nutritional Biochemistry, she pursued her Doctorate degree in Nutrition Education and Counseling, with a minor in statistics. In 1986, she earned a doctorate degree after writing the dissertation "Factors Affecting Weight Maintenance Success." Dr. Frank stated, "I thought this would be my specialty. However, in 1988 I gave birth to my son, Jake, who has Cerebral Palsy and is permanently confined to a wheelchair. I wanted to be a great mother and a Registered Dietitian, so I researched ways I could do both from my home.

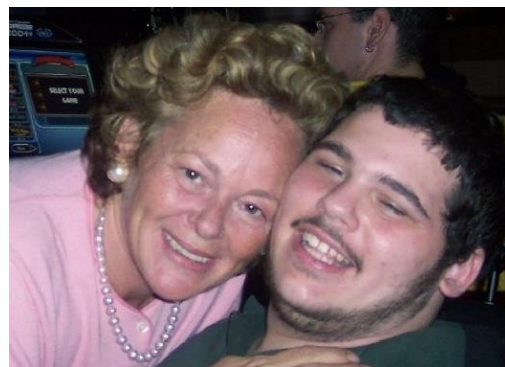
"Computers and the nutrient content of foods fascinated me. I took additional courses in writing, food science, menu planning, recipe development, computer programming; and later on, web design." In the late 1980s, when few dietitians had com-

puter skills or nutritional analysis programs, a local newspaper hired her to analyze their recipes. Through word-of-mouth, four additional newspapers and Bon Appetit magazine hired her. Dr. Frank said, "I found a way to be a part of my son's life and care, while pursuing my professional goals."

By the mid 1990s, Dr. Frank created a website to provide consumers with nutrition education and began producing a monthly publication called Wellness News. Wellness News provides current news, events and resources in Nutrition, Food, Health, Food Safety, Disability Rights, and Environmental Issues. Wellness News also provides employment opportunities to individuals with special needs, such as Cerebral Palsy, Autism, Down syndrome, and Muscular Dystrophy. Additionally, Wellness News promotes awareness and inspires ideas for Journalists, Educators, Consumers and Health Professionals. Currently, over 150,000 people receive the newsletter.

"As the Internet kept growing, it became difficult to locate reliable resources. That's when I created Dietitians-Online, a website and blog acknowledging the contributions of Dietitians. This site allows dietitians, the media, consumers, health professionals and educators around the world to network," said Dr. Frank.

Her other professional experiences include: Director and Educator of a DTR Program; Advisory member of FIU's Dietetic Program; Consultant in Long Term Care; Ombudsman member; Grant Writer; Author of *Menu Solutions*; Menu and Recipe development and modifications; Food Journalist; Web and Social Media designer for dietitians and associations; and, advocate and educator for adults with special needs.



Sandra with her son, Jake

A "day-in-the-life" of Sandra Frank

"Here's a snapshot of what I do on a daily basis - 4am: Make coffee. Check email, Facebook, twitter, current news (local, state, national, international). 6am: Exercise break. 7am: Breakfast meeting with my son Jake. Review topics for the day and week. 8am – 6pm: Work on Social Media and News. Prepare articles, graphics, videos, recipe analysis, photo shoots, etc. Around 1pm: Exercise & lunch break. In the evening, I enjoy spending time with my son, reading and/or working with special needs adults. Teaching ADL skills related to food, shopping, cooking, etc. We get together weekly and work on Wellness News while planning and preparing our monthly dinner party."

Dr. Frank's top 5 professional strengths

Creativity; Curiosity; Honesty; Flexibility; Dedication

Definition of success

"Success is achieving a goal. It doesn't matter if the goal is big or small. It's even okay to fail, as long as one keeps trying."

To find out more about Dr. Frank's work you can visit her websites www.weighing-success.com and www.dietitians-online.com.



PRACTICE APPLICATIONS

President's Page

Changing Lives in Little Ways . . . Every Day

TECHNIQUES, TECHNOLOGIES: TESTAMENT TO SUCCESS

Beyond what the Academy does, members themselves are spreading our collective influence through Twitter, blogs, and other social media. Sandra Frank, MS, RD, LD, has done a remarkable job with <http://dietitians-online.com>. This trustworthy site provides access for the media, consumers, health professionals, and educators to find food and nutrition articles and materials, all created by online dietetics practitioners. These entrepreneurial leaders help our profession remain relevant.



Go forth and be memorable. Use our personable, science-based expertise to influence food choices and change lives, one person at a time.

Sylvia A. Escott-Stump, MA, RD, LDN
President@eatright.org
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