

SUMMARY

Dynamic global nutrition expert Dr. Sylvia Klinger, RD, holds 35 years of experience as a sought-after bilingual consultant, international speaker, communications professional, business owner, award-winning author, mentor, and board advisor for several associations and Fortune 500 companies. Driven to empower communities toward better health outcomes through professional relationship building, health/nutrition program development, and strategic planning.

Prior to establishing consulting firm of the last 19 years, Hispanic Food Communications began as an administrative clinical dietitian at New England Memorial Hospital in Stoneham, MA. Moved into a Supervising Nutritionist role for the Women, Infants, and Children (WIC) supplemental feeding program. Success in creating and executing a robust teen pregnancy program at the University of California Irvine Medical Center. Developed a series of online nutrition lesson plans for the Texas WIC program, and implemented nutrition during pregnancy lessons for Los Angeles WIC program. Developed and executed training and development for health educators in seven cities throughout Texas for It's Time Texas program. Held Senior Culinary Development Specialist and Supervisor of consumer test kitchens at the Quaker Oats Company for 8 years. At Quaker Oats, successfully supervised hundreds of Product Knowledge Training to food brokers who gained valuable knowledge to close million-dollar contracts. Led development of successful product innovations including the popular oatmeal express cups, pancake flour fortification with folate, iron, and B vitamins, as well as numerous point of sale marketing materials.

Actively participates in food, beverage, agriculture, pharmaceutical, and non-profit health organizations. Currently a member of the Grain Foods Foundation Medical Advisory Board, GlobalRise Executive Board, and the Committee of Lifelong Learning of the Academy of Nutrition and Dietetics. Additionally, Dr. Klinger has been a visiting adjunct professor at the University of Medicine and Pharmacy Targu Mures, Romania, teaching medical nutrition therapy, culinary applications, nutrition communications and leading nutrition practicum labs for the past seven years.

Appeared on NBC, ABC, Fox News, CNN Spanish, Univision, America Teve, TV Azteca, Telefuturo, Despierta America, Un Nuevo Día and Telemundo Chicago News. Contributes to Hispanic radio talk shows and popular publications including Better Homes and Gardens, Vanidades, Bakery and Snacks Magazine, Convenience Store Decisions Magazine - columnist and formerly a writer for Huffington Post Latino Voices, and Healthy Eating blogs.

Professional affiliations include active membership in the Academy of Nutrition and Dietetics, Illinois Academy of Nutrition and Dietetics, International Affiliate of the Academy of Nutrition and Dietetics, Latino and Hispanic Dietetic and Nutrition Network Group (LAHIDAN), as well as Dietitians in Business & Communications, Nutrition Entrepreneurs and Food and Culinary Professionals Practice Groups.

NUTRITION STRATEGY:

Sylvia has a passion for understanding dietary behaviors, diet quality and dietary patterns and generating evidence to develop timely strategies that promote a healthy lifestyle through dissemination of culturally relevant nutrition and health education programs for disease prevention and management. She draws from her compassionate, family/women-focus to help the low-income community establish healthy eating habits within their budget.

She leverages tasteful, healthy cuisine to promote a culturally lifestyle for diverse populations, who face mounting health problems today. Sylvia executes many knowledge training programs, where she provides optimal wellness nutrition and fitness presentations in both English and Spanish. Sylvia authored the award winning Hispanic Family Nutrition: Complete Counseling Tool Kit for the Academy of Nutrition and Dietetics.

Sylvia proudly worked with SHARE (Stroke Health and Risk Education), a program co-sponsored by the University of Michigan, the Diocese of Corpus Christi, TX, and the American Stroke Association to educate the Mexican-American community about the role of nutrition in reducing stroke risk. She was a member of the Midwest American Heart Association board of directors for three years. Additionally, she has volunteered for over 20 years with the American Heart Association, leading the development of various nutrition task forces such as Women's Heart Health and Diversity committees.

Sylvia served on the Board of Namaste Charter School in Chicago, IL, a charter school (k-8) educating low-income children, for over seven years. She established a nutrition curriculum and healthy menus in compliance with the most recent USDA guidelines that promote a balanced diet and leads to healthy cooking demonstrations for their mothers or care takers monthly. She is actively working with Bensenville, IL (k-5) public schools district developing and executing health programs for underserved families.

Grain Foods Foundation Scientific Advisory Board Member since the foundation was initiated over a decade ago. Developed and executed numerous national media segments and articles to provide public health messages about the benefits of grains (whole and fortified grains) at a time when there was significant conflicting messages about the benefits of grains. The board is committed to providing science based grains nutrition education.

GLOBAL LEADERSHIP:

Born to an adventurous missionary family, her mother, a physician and dietitian, and her father, a global youth minister, Sylvia has lived and traveled overseas all of her life. Since her humble upbringing in Puerto Rico and Mexico, she has continued a legacy of compassionate service and cultural diversity. As a sought after international speaker, Sylvia has presented on the environmental, ethical and economic impact of food waste, sustainable food systems in a variety of settings, and special focus on translating nutrition science for diverse populations to be able to easily implement into their own lives. She has given media workshops and nutrition presentations at international conferences in Hong Kong, Spain, Portugal, Germany, Philippines, Mexico, Romania, Puerto Rico, South America as well as hundreds of conferences in the US. Notably, she spoke at the World Health Organization (WHO) in Switzerland and National Hispanic Medical Association in Washington, DC.

Known as a “Global Connector”, Sylvia has built a network of mission-driven health professionals all over the world who are dedicated to underserved populations. She is part of the team at GlobalRise based in Uganda, whose aim is developing community nutrition programs for rural regions in Africa, India and South America. Her work in Romania includes creating and executing a community nutrition curriculum for master and undergraduate dietetic students at the University of Medicine and Pharmacy Targu Mures, Romania. Sylvia has served as a guest adjunct professor in Romania for over seven years, providing medical nutrition therapy classes for medical, dental, and dietetic students. Her involvement in Romania ignited dedication to humanitarian nutrition efforts and lifelong mentoring.

Sylvia is an active member of Bayer’s (formerly Monsanto) LEAD network of dietitians. Designing and implementing resources for dietitians to promote sustainable food and agricultural systems. Her involvement expanded in-depth knowledge and passion for modern agriculture, sustainability, food insecurity and other significant global nutrition issues. Locally, Sylvia has mentored dietetic students and interns from Dominican University, the University of Illinois at Urbana-Champaign, Benedictine University, University of Iowa, Southern Illinois University, and Loma Linda University, for over 25 years. In her spare time, she can be found exploring food and culture all over the world with her family, traveling extensively. Sylvia has held many leadership roles with various associations. See below.

- IAAND - International affiliate of the Academy of Nutrition and Dietetics - membership recruitment committee and spokesperson media trainer
- Global MIG - International project task force
- DBC - Dietitians in Business and Communications - 20 years board member - Regional member network coordinator and secretary.
- LAHIDAN - Latinos and Hispanics in Dietetics and Nutrition - founding member, past chair, secretary and nominating committee chair.

CREDENTIALS & AWARDS:

Sylvia earned a Bachelor of Science degree in dietetics and nutrition from Loma Linda University in Loma Linda, California in 1984, her Master of Science in public administration from DePaul University in Chicago in 1993 and her doctorate in Business Administration in Global Leadership from California Intercontinental University, California in 2016. She is a registered dietitian of the Academy of Nutrition and Dietetics and a licensed dietitian in the state of Illinois.

In 1994, the Chicago Dietetic Association presented her with the Recognized Young Dietitian of the Year award. Sylvia received the Outstanding Dietitian of the Year in January 2009 by the Illinois Dietetic Association. The Distinguished Alumna 2012 from Loma Linda School of Allied Health Professions - Nutrition and Dietetics, and the 2012 Rincon Family Services Care Award. In 2013 Sylvia received the Prominent Business Women of the Year Award from La Raza Newspaper in Chicago. Most recently, Sylvia received the 2019 LAHIDAN Distinguish TRINKO Service award for her 30 years of educating low-income communities.

DR. SYLVIA KLINGER

• REGISTERED DIETITIAN •

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EDUCATION

B.S. Nutrition & Dietetics | Loma Linda University | 1984

M.S. Public Service | DePaul University | 1993

Doctor in Business Administration - Global Leadership | California Intercontinental University | 2016

EXPERIENCE

- 2000- Hispanic Food Communications - IL**
Founded Hispanic Food Communications, a food and nutrition communications consulting company. Reach Hispanic consumers with culturally appropriate information. Services provided include consumer-based nutrition counseling, and corporate-based media outreach, nutrition communications, copywriting, cultural insights, public speaking, and social media.
- 1992- The Quaker Oats Company - IL**
2000 Supervisor Quaker Test Kitchens
Lead dietitian of product development, product knowledge training, recipe development, labeling health claims. Led strategic planning and development in consumer affairs.
- 1992- Senior Culinary Development Specialist**
2000
Success in sales training led to increased sales, winning the foodservice division of the year for three consecutive years. Managed Product Knowledge training in North and Latin America. Responsible for creating point-of-sale materials and writing/editing bilingual packaging.
- 1988- University of California Irvine Medical Center**
1992 Senior Clinical Research Dietitian - CA
Formulate, implement, and evaluate nutrition care plans. Promoted to senior research dietitian; Executed and coordinated two diet research studies from Park Davis Pharmaceuticals (Lopid & Mevacor), and Oat Bran Dietary Study sponsored by the Health Valley Oat Bran Company.
- 1985- WIC Program, Supervising Nutritionist I - CA**
1988
Supervised and trained staff of eight employees and two dietetic students. Successfully enrolled about 300 participants daily and provided nutrition counseling to pregnant women and breastfeeding women.
- 1984 - Administrative Dietitian - MA**
1985
Responsible for forty full-time employees, performance evaluations, and scheduling. Conducted employee orientation and education programs. Worked new product development, recipe standardization, food cost/nutrient analysis, and foodservice operations. Developed an ongoing food quality review and long term strategic planning. Successfully managed operations budget and achieved strategic goals.

SKILLS

Bilingual ● ● ● ● ●
Leadership ● ● ● ● ●
Clinical Nutrition Counseling ● ● ● ● ●
Lactation/Pregnancy Nutrition ● ● ● ● ●
Wellness Program Development ● ● ● ● ●
Food Product Development ● ● ● ● ●
Recipe Development ● ● ● ● ●
Research - Nutrition ● ● ● ● ●
Foodservice Operations ● ● ● ● ●
Communications ● ● ● ● ●
Social Media ● ● ● ● ●
Public Speaker ● ● ● ● ●

PUBLICATIONS

- **Journal of the Academy of Nutrition and Dietetics** - 2008
A systematic review of the relationship between acculturation and diet among Latinos in the United States: Implications for future research, Guadalupe X. Ayala, Ph.D., Barbara Baquero, MPH, & Sylvia Klinger, MS, RD
- **Hispanic Family Nutrition Complete Counseling Kit** - 2015
- The Alli Cookbook - More than 200 ALL-NEW Recipes and Meal Plans, Meredith Books, Kathleen Daelemans, Sylvia Melendez-Klinger, Lindsay Williams - 2007.
- **The Little Book of Simple Eating** - self-published both English and Spanish. - 2018