





Allison Stright

virtual assistant

 (902)329-2941

 strightalli@gmail.com

 Wolfville, NS

Hi! I'm from Halifax NS. I am a food lover who loves learning about all things nutrition and health. I want to work as an RD in the hospitals, but would also love to work with sports teams as well! I currently do nutrition education for UDFC soccer club and with the Acadia soccer camps.

EDUCATION:

Dietetic Practicum Student (present – Acadia University)

BSc. nutrition & dietetics 24' (Acadia University)

AREAS OF INTEREST:

Clinical Nutrition

Sports Nutrition

Special Interests → Parkinson's Disease, diabetes, women's health & eating disorders

work experience:

Dietary Staff – Diabetes Camp (Camp Morton)

July 2023 & July 2024

Nutrition Consultant – UDFC soccer club

January 2023 – present

Cosmetic Clerk – Lawtons Drugs

May 2018 – January 2023

Research Assistant – Dr. Matt McSweeney (Acadia University)

November 2023–present

Dietary Aid – Shannex Inc (Parkstone Enhanced Care)

June 2021–August 2022

sample work:

CALCIUM

- Calcium is the most abundant mineral in the body
- Our bones and teeth contain around 99% of our bodies calcium.
- Calcium is needed to build/maintain strong bones and teeth

food sources high in calcium:

milk 1 cup=300mg	almonds 1 oz=75mg
fortified non-dairy milk 1 cup=300mg	navy beans 1 cup=126mg
yogurt 3/4 cup=175mg	edamame 1/2 cup=90mg
collard greens 1/2 cup (cooked)=175mg	canned sardines 3 oz=325mg

“Super strict diets eventually fail for the same reason. They're too strict. Little flexibility means fewer options for fun, spontaneity, or shortcuts in a hectic day. And the dieter, who once loved the exactness of the diet plan, simply can't stand the feeling of being in food jail for one more day.”

Jill Weisenberger

jillweisenberger.com

SNACKS TO BRING ON YOUR NEXT ROAD TRIP

@for.the.love.of.food.nutrition.ca

Zzzz...

DID YOU KNOW?

Poor sleep can impact your blood sugars

WHAT MAKES A NUTRITIOUS SNACK?

THE SNACK INCLUDES THE 3 MACRONUTRIENTS:

- carbohydrates
- fats
- proteins

CHECK OUT OUR WEBSITE FOR THE FOLLOWING HEALTHY SNACK RECIPES:

- savoury snack mix
- chocolate peanut butter protein balls
- garlic roasted chickpeas



<https://fortheLoveofFoodNutrition.ca>

AVAILABILITY:
5 hours/week

proficient in the use of Canva,
InShot, Coschedule, Instagram,
Facebook and Twitter