

Speakers Bureau

Speakers are listed alphabetically, one per page. Their topics are listed at the bottom of their profile.

Please reach out to the speakers directly or vn@eatright.org if you have any questions.



Ryan Andrews, MA, MS, RD

ryan@ryandandrews.com

www.ryandandrews.com

I completed my education and training at the University of Northern Colorado, Kent State University, Johns Hopkins Medicine, and Columbia University. I have experience in nutritional counseling, teaching, writing, school lunch programs, trauma-informed yoga, and have worked with Precision Nutrition, Equinox, Insider, Allergic to Salad, Silver Hill Hospital, Purchase College, and Regis College. I have authored/co-authored multiple books, been quoted in 50+ popular publications, and have 1000+ hours of experience volunteering with farms/food recovery. I am currently in the nutritional sciences doctoral program at the University of New Hampshire working with Dr. Nooreem Mena. My research interests include exploring the intersection between sustainable/equitable food systems and chronic disease prevention. For more, click [here](#).

Topic:

- Eating to Prevent the Apocalypse



Linda Arpino, MA, RDN, CDN, FAND

linda.arpino@gmail.com

Linda Arpino's tag line is "Sustainable Nutrition for You and Your Planet." She is a registered dietitian, celebrating a terrific career as CEO of her private practice, Life Focus Nutrition, LLC. She was honored with the VNDPG 2024 Excellence in Leadership award for her work. As an AND leader, she served as Delegate of the VNDPG and President of the Connecticut AND, as well as among many other roles. Working for Karelia Health, she engaged the entire town of high-risk employees in Greenwich, CT in learning to prepare and eat plant based with blood work and weights before and after, demonstrating positive outcomes. Linda is an accomplished international speaker including FNCE and state AND affiliates throughout the country.

Linda received her bachelor's degree in clinical nutrition at Syracuse University and master's in nutrition education at New York University. As a savvy author throughout her career, she has published numerous books and publications including author in a published medical text: "Digestive Gastroesophageal and Laryngopharyngeal Reflux Disease" and contributing author in the Journal of Clinical Lipidology. She was the lead author in creating vegetarian menus for ANDs nutrition care manual and Vegetarian Nutrition for School Age Children.

Linda Arpino speaks on evidence-based nutrition topics and below are examples of popular topics available or create a request:

Topics:

- Building Sustainable Food Systems for You and Your Planet
- Transforming Nutrition Messaging for Individual and Planetary Health
- Harness Your Brain Power Through a Plant-Based Diet
- Plant based Nutrition in Pediatrics and Adolescence
- Plant based Nutrition for Chronic Disease Prevention



Sherene Chou, MS, RD

schoumsrd@gmail.com

Instagram - @eatsustainablefoods

Web - sherenechou.com

Sherene is an award-winning dietitian and chef focused on sustainable food and plant-based nutrition. She served as the Nutrition Director for L.A. Kitchen, a non-profit focused on serving low-income seniors, empowering former foster youth, formerly incarcerated, and formerly homeless individuals. As a USC Trojan, she was excited to co-create USC Keck Medical School's first nutrition selective for med students, the Culinary Medicine Selective. In 2017, she received the Excellence in Hunger and Environmental Nutrition Leadership Award from the Academy of Nutrition and Dietetics and in 2018, she was recognized by USC Keck Medical School for Outstanding Teaching Contributions.

Currently, she works as a consultant focused on building sustainable nutrition initiatives with plant-based brands, co-developed the first Certificate of Training on Sustainable Food Systems for the Academy of Nutrition and Dietetics, teaches at California State University, Los Angeles and USC Keck School of Medicine. Sherene serves on two boards as the Chair Elect for the Academy of Nutrition and Dietetics, Vegetarian Practice Group and as the Nutrition Advisor for the Plant Based Foods Association. Sherene has a M.S. in Nutrition from California State University, Los Angeles, B.S. in Public Policy and Business Law from USC, and Chef's Training from the Natural Gourmet Institute.

Topic:

- Racial Equity and the Dietary Guidelines for Americans
- Food Security and Building a Sustainable Food System
- Celebrating Cultural Diversity and Plant-Based Foods
- Plant-based diets and Cancer: How Dietary Change Can Help



Suzanne Ickes, RDN, LDN

IckesRD@ptd.net

My expertise is the ability to help people understand complex nutritional concepts and then empower them to improve the quality of their life. I have worked in nursing homes, hospitals, health bureau, private practice, worksite wellness, research and development, dialysis centers, food services, and behavior health centers. I study both western and eastern nutrition. I have worked with thousands of people and have presented hundreds of lectures and cooking demos. People enjoy my presentations because I have the background and desire to present information in an engaging and fun manner.

I currently work for Sodexo as a clinical dietitian with in-patient services for the Lehigh Valley Hospital Network in Pennsylvania. Because of my previous experiences, I am frequently called upon for public speaking and television interviews, and I have recently been asked to expand/transition my role at the hospital to include sustainability and wellness.

I authored the book “The Soluble Fiber Solution”. This book is based on information I gathered during my private practice. Clients were able to lower their LDL cholesterol as much as 60 points in 6 weeks by altering their saturated fat and soluble fiber intake. Visit me at LinkedIn.

Topics:

- Cholesterol reduction is easier with a plant-forward diet.
- 5 minute meals - Vegetarian, delightful, and no microwave - no kidding!
- How to eat to best handle stress - Learn how what you eat affects your hormones.
- How to plan plant-based meals that are balanced and keep you from feeling hungry.

Want a different topic? Contact me to discuss possibilities.



Matthew Landry, PhD, RDN, DipACLM, FAND, FAHA

landrymj@hs.uci.edu

<https://landrylab.squarespace.com/>

Dr. Matthew Landry is an Assistant Professor of Population Health and Disease Prevention at the University of California, Irvine, where he investigates strategies for preserving cardiovascular health across the lifespan and promotes evidence-based approaches to plant-based diet adoption. His research combines behavioral science with nutritional epidemiology to create practical solutions for sustainable dietary change. After earning his Bachelor's degree in Nutrition and Food Sciences from Louisiana State University, Matthew completed his doctoral degree and dietetic internship at The University of Texas at Austin. He further honed his expertise in cardiovascular disease prevention through a postdoctoral fellowship at the Stanford University Prevention Research Center. Combining his expertise as a Registered Dietitian Nutritionist and Certified Lifestyle Medicine Professional, he ensures his research translates into practical clinical applications. His research has appeared in leading peer-reviewed journals in nutrition and public health. Known for his ability to translate complex scientific concepts for diverse audiences, he is a sought-after speaker at national and international conferences. His contributions to the field have earned him recognition as the California Academy of Nutrition and Dietetics' Young Dietitian of the Year. In 2023, he was featured in Today's Dietitian Magazine's 14th Annual Showcase of 10 RDs Who Are Making a Difference. He also has been recognized as a Fellow of both the Academy of Nutrition and Dietetics and the American Heart Association.

Topic:

- The What, Why, and How Around Plant-Based Diets From Resistance to Results: Behavioral Strategies for Plant-Based Diet Adoption Learning



Reed Mangels, PhD, RDN

reedmangels@gmail.com

Reed Mangels, PhD, RDN is a Nutrition Advisor for the non-profit, educational Vegetarian Resource Group as well as nutrition editor and a regular columnist and Nutrition Editor for the quarterly publication, Vegan Journal. She is a co-author of The Dietitian's Guide to Vegetarian Diets (2nd, 3rd, and 4th editions) and of the Academy of Nutrition and Dietetics 2025, 2009, and 2003 position papers on vegetarian diets. She is a past Chair of the Vegetarian Nutrition Dietetic Practice Group. She has written numerous articles and book chapters for professionals and the public on vegetarian nutrition in the life-cycle. Reed has authored several books for the public including Your Complete Vegan Pregnancy and Simply Vegan. She was the 2022 recipient of the Academy of Nutrition and Dietetics Excellence in Community and Public Health practice Award. She is retired from the University of Massachusetts Amherst

where she was an adjunct associate professor in the Department of Nutrition. She lives in Santa Cruz, California.

Topics:

- Vegetarian Nutrition for Infants, Children, and Adolescents
- Vegetarian Pregnancy and Lactation
- Healthy Aging for Vegetarians, Vegans, and others Choosing Plant-based Diets
- Vegetarian Diets for Women: Benefits and Considerations
- Vegetarian Diets and WIC



Vesanto Melina, MS, RD

vesanto.melina@gmail.com

Web: <https://nutrispeak.com>

<https://becomingvegan.ca>

<https://kickdiabetescookbook.com>

To add value to your next conference or meeting, book this best-selling author, award winning speaker, and Registered Dietitian for an informative, compelling, and entertaining seminar. Vesanto Melina, MS, Registered Dietitian is co-author of 14 books, now in 10 languages, that are widely viewed as the classics in plant-based nutrition. She is an internationally known speaker (10 countries). She is lead author of the Academy of Nutrition and Dietetics last Position Paper on Vegetarian Diets (2016). Her books include Becoming Vegan (Comprehensive and Express Editions) and The Kick Diabetes Cookbook, and in 2023, Plant-powered Protein will be released, (all co-authored Brenda Davis, RD). Vesanto has taught nutrition at Seattle's Bastyr University and at the University of British Columbia.

Topics:

- Plant Protein: Perfect for People and the Planet
- Unleashing the Power of Plant-based Diets
- Healthy, Delicious, and Easy. Plant-based Eating
- Plant-based Nutrition for Optimal Health
- Update on Vegetarian, Vegan, and Raw Nutrition



Alison Ozgur, MAT, MHS, RDN, DipACLM

fitnessdietitian@gmail.com

alisonozgurwellness.com

Alison Ozgur is a registered dietitian nutritionist and wellness expert with advanced training and expertise in whole food, plant-based nutrition. Since 2010 Alison has specialized exclusively in plant-based nutrition and in 2012 she co-authored her first book, *Go Beyond Good: The Trail to a Lifetime of Health and Vitality!* That same year she was invited to join the online instructor team at the T. Colin Campbell Center for Nutrition Studies, which has evolved into her current role as Director of Wellness Programs. To date, she has taught thousands of students about the unlimited health benefits of whole food, plant-based nutrition. She is also a certified Lifestyle Medicine Professional through the American College of Lifestyle Medicine.

Alison is a forever teacher and is grateful to have shared her wellness and nutrition expertise at Miraval Arizona Resort & Spa, where she taught nutrition and culinary workshops and lectures and provided private nutrition counseling. She incorporates lifestyle medicine practices into her teachings to help her clients achieve optimal wellness and balance. Throughout her two-decade career as a registered dietitian, Alison has expanded her love of health and wellness as an author, college instructor, middle and high school health teacher, certified meditation and mindfulness teacher, and registered yoga teacher. Alison is currently working on her second nutrition and wellness book.

Alison completed her Bachelor of Science degree in Dietetics from Western Michigan University. She holds a Master of Health Science degree from Saint Francis University and a Master of Arts in Teaching from Concordia University.

Topic:

- Stress Less-Eat Less



Sharon Palmer, MS, RDN

info@sharonpalmer.com

Known as The Plant-Powered Dietitian, Sharon has established an award-winning career in the field of plant-based nutrition and sustainability. One of the most widely recognized registered dietitians in the world, Sharon is an accomplished writer, editor, blogger, author, speaker, professor, advisor, and media expert. In particular, she has gained recognition for her expertise in plant-based nutrition and sustainability. Sharon has authored over 1000 articles in a variety of publications, including Better Homes and Gardens, Oprah

Magazine, and LA Times. Her book *The Plant-Powered Diet: The Lifelong Eating Plan for Achieving Optimal Health, Beginning Today* (The Experiment, July 2012) was a critical success, which was followed by her second book *Plant-Powered for Life: Eat Your Way to Lasting Health with 52 Simple Steps & 125 Delicious Recipes* in July 2014. *California Vegan: Inspiration and Recipes from the People and Places of the Golden State* was published in 2021. And her fourth book, *The Plant-Powered Plan to Beat Diabetes* was published in 2024. Sharon also has contributed to several book chapters on nutrition and sustainability. She serves as the nutrition advisor for *Today's Dietitian*, nutrition consultant for several organizations, and co-founder of the non-profit Food +Planet. Sharon presents frequently at conferences and is a weekly contributing nutrition expert in the media, including print, online, radio, podcasts, television, social media, videos, and film. And she still has time to blog for her popular online community at The Plant-Powered Dietitian. Living in the sustainability mecca of Ojai, California with her husband and two dogs, Sharon enjoys tending to her own organic garden, visiting the local farmers market, volunteering in local environmental organizations, and cooking for friends and family.

Topics:

- [Optimal Health through a Plant-Powered Diet](#)
- [Traditional, Cultural Plant-Based Eating Patterns.](#)
- [The Latest Trends on Plant-Based Eating](#)
- [A Plant-Based Anti-Inflammatory Eating Style](#)
- [Debunking Myths on Plant-Based Eating](#)
- [Sustainable Plant-Based Eating Styles](#)
- [Plant-Based Culinary Workshop](#)
- [Let Plant Proteins Shine](#)



Sheetal K. Parikh, MS, BSc. BSDN (Hons), RDN, LDN, FAND

sheetalkparikh@gmail.com

Sheetal Parikh has been very passionate about plant-based nutrition since her childhood. She holds two Bachelor of Science degrees and one Master's degree in Dietetics and Nutrition. She brings her unique experience and skills in the nutrition world by blending eastern and western cultures with innovative plant-based recipes and diets. She specializes in Plant-Based Nutrition, has been a vegetarian all her life, and promotes vegetarianism and its health benefits with a holistic approach and diverse perspective. Since 2019 she has been an author of "Vegan and Vegetarian Diets" for the Nutrition care diet manual

from the Academy of Nutrition and Dietetics (AND). She has been involved with setting standards for the RD Exam (Passing Score Study Task Force) and the Item Writing Workshop for the Commission on Dietetic Registration (CDR). She served on the Advisory Board Committee for Diversity and Inclusion for the Academy of Nutrition and Dietetics. Some positions that she served with Vegetarian Nutrition Dietetic Practice Group are Florida State Coordinator, Diversity Liaison, Treasurer, and present Chair-Membership Services. She achieved the feat of being a BSDN Advisory Board Member for Keiser University; the institution from which she graduated and won an award for Outstanding Student of the year in 2017 from the Florida Academy of Nutrition and Dietetics. And just recently she was recognized as 'Fellow' assigned a designation for AND. At present, she works as the Corporate Dietitian (North America) as Malnutrition Analyst for Morrison Healthcare and also counsel's patients and clients on the importance and advantage of eating Plant-Based foods for their health and the earth's well-being. She is proficient in creating new plant-based recipes, designing techniques for happy & healthy cooking, and preparing appetizing meals for her clients, family, friends, and colleagues. **She lives with a motto of, "You are what you Eat."**

Topics:

- Indian Culture, it's Plant Based Diets and Culinary Traditions
- Herbivorous Culinary Crafting-Quick and Easy Dishes Presentation and/or Cook Along



Gita Patel, MS, RD, CDE, CLT, LD

gita@feedinghealth.com

<http://www.feedinghealth.com/>

<https://www.facebook.com/feedinghealth>

<https://www.linkedin.com/in/gita-patel-30b7426/>

Gita partners with individuals and organizations that need the science of nutrition translated into a healthy vegetarian lifestyle. Gita retired as a certified diabetes educator 12/31/18 after 15 years of practice as diabetes educator. Gita is an author of “Blending Science with Spices: Tasty Recipes & Nutrition Tips for Healthy Living” and has presented at local, state and national conferences. Gita was one of 4 finalists in the Cooking Light (magazine) healthy cook of the year contest. Gita is recipient of Cyndi Reeser Outstanding State Coordinator of the Year 2009-2010 from VN DPG; Recognition of service VN DPG 2006-2007; Emerging Dietetic Leader 2005 for outstanding professional contribution Certificate of recognition NH AND; Certificate of Training in Leadership 1/13-16/2005 AND; Served on the Diversity Committee 2004-2006. Gita received Certificate of Appreciation from Asian Indians in Nutrition and Dietetics in 2018. In 2020 Gita was recognized as the “Outstanding Dietitian of the year 2020” by the NH Academy of Nutrition and dietetics. Gita lives in NH where she has a private consulting practice. She came from Gujarat, India in 1972 as a graduate student at Drexel University in Philadelphia. Gita can be reached at gita@feedinghealth.com and www.feedinghealth.com.

Topics:

- Diabetes and Inflammation: Inflammatory Effects of Foods and Chemicals
- Hormonal Help: Functional Foods for Women of Reproductive Age through Menopause
- Benefits of Plant Foods for Feeding Health
- Academy’s Position Paper on Vegetarian Diets
- Whole-Foods Plant Based Approach for Optimum Health
- Impact of Environmental Pollution on Human Health: How Plant Foods Help



Roman Pawlak, PhD, RD

PAWLAKR@ecu.edu

Professor at East Carolina University

Authored: “In defense of vegetarianism,” and “Vegan mother and her baby.”

Authored other related books, including a title “Vitamin B12. Combating the epidemic of deficiency.”

Published research findings about vegetarian/vegan participants in such journals as the American Journal of Clinical Nutrition, European Journal of Nutrition, Nutrition Reviews, American Journal of Preventive Medicine, and European Journal of Clinical Nutrition.

- Served on the Academy of Nutrition and Dietetics’ expert panel on vegetarian nutrition.
- Co-author the Vegetarian Toolkit for the Academy of Nutrition and Diet.
- Authored position statements on vitamin B12 for such organizations as the Vegetarian Nutrition Dietetic Practice Group.
- Lectured on five continents in such countries as Ecuador, Brazil, Costa Rica, Poland, Israel and Japan.
- Presented research findings during the 7th International Congress on Vegetarian Nutrition at Loma Linda University.
- Developed and teach a college Vegetarian Nutrition course.
- Conducted webinars on vegetarian diets and vitamin B12 for such organizations as the Academy of Nutrition and Dietetics, American College of Preventive Medicine, and the American Academy of Lifestyle Medicine.
- Conducted ground rounds on vegetarian nutrition for medical schools.

Topics:

- Why do vegetarians and vegans develop heart disease?
- Vitamin B12 status of vegetarians and vegans?
- Most common dietary myths among vegetarians and vegans
- Clinical insight into vitamin B12
- Alzheimer’s disease prevention
- B12, metformin, and diabetes
- To vegan or not to vegan, while pregnant, breastfeeding, or feeding children
- Planning an optimal plant-based diet



Amy Richards, PhD, RDN, LDN

aricha54@utm.edu

Amy Richards was born in Deadwood, South Dakota, grew up on a cattle ranch in western South Dakota and has been vegan for nearly 20 years (and was vegetarian prior to that). She is an associate professor and directs the undergraduate dietetics program at the University of Tennessee at Martin. Past awards include: Outstanding Educator of the Year Award from the Tennessee Academy of Nutrition and Dietetics; Excellence in Teaching Award from the University of Tennessee at Martin Chapter of the National Society of Leadership and Service; the Bachtel/Holbrook Advising Award (awarded nationally to one collegiate chapter honor society advisor by Phi Upsilon Omicron); a teaching and scholarly activity award from the university; and a research award from the university. Amy has delivered many presentations on plant-based diets with specific interests in phytochemicals, vitamins, minerals, and protein for vegans of all life stages (including sports nutrition) as well as optimizing dietary intake to slow the aging process. She has also written 5 columns on plant-based nutrition for a TN newspaper (one column per year). **A sampling of her presentations and most recent publications include:**

- **Richards AL, Johnson R.** *Reduction in Emotional and Uncontrolled Eating Scores with Yoga Compared to Stretching: A Randomized Trial.* Altern Ther Health Med. 2025 Jun 3:AT6569. PMID: 40454740.
- “Vegetarian and Vegan Diets”, Guest Lecturer, Utah State University (via Zoom), November 5, 2025 (Invited Presentation).
- “What to Eat to Maximize Brain Health and Prevent Alzheimer’s Disease” UT Martin Nutrition Symposium, April 5, 2024.
- “Understanding Plant Based Diets” Gooch Hall plus live stream via Zoom, AAUW monthly meeting, November 9, 2023.
- “Utilizing Plant-Based Diets to Improve Diabetes Outcomes” (virtual with 224 attendees), Division of Diabetes Treatment and Prevention, Indian Health Services, Department of Health and Human Services, March 22, 2023.
- “The role of sleep, stress, physical activity, and food insecurity on eating behaviors, obesity, and obesity related chronic disease.” Plant Based Prevention of Disease (P-POD) Conference (virtual), May 21, 2021.
- “Vegan Menu Planning in 5 Easy Steps”, New Jersey Academy of Nutrition and Dietetics Annual Meeting, West Orange, NJ, May 11, 2018.
- “Soy and Health Outcomes: Myths, Controversies, and Research”, UT Martin Nutrition Symposium, March 16, 2018.
- “Fact or Fiction: Is There Evidence for Vegetarian and Vegan Diets?” Tennessee Academy of Nutrition and Dietetics Annual Meeting, General Session (267 attendees), Nashville, TN. March 20, 2017.
- “Vegan Diets: What Every Dietitian Needs to Know,” West Kentucky Association of Nutrition and Dietetics meeting, Mayfield, KY. August 20, 2015.



Mark Rifkin, MS, RD

Preventive_nutrition@comcast.net

Mark Rifkin, MS, RDN, is the Senior Food and Agriculture Policy Specialist at the Center for Biological Diversity, where he advances sustainable plant-based diets through policy and advocacy. He holds Master's Degree in health education and environmental science & policy. He specializes in plant-based diets and their implications for sustainability, policy and health, as well as their practical applications for various segments of the population and across multiple settings. He is the author of the 2023 peer-reviewed article [Nutrition policy critical to optimize response to climate, public health crises](#). Mark is also a reviewer of the 2016 Academy of Nutrition and Dietetics Position Paper on vegetarian diets. He previously served as the VNDPG Policy and Advocacy Leader, as well as State Policy Representative and Consumer Protection Coordinator for the Maryland affiliate. He is currently Delegate for the Maryland affiliate. Before joining the Center in 2022, Mark worked for six years in nutrition policy for the Academy of Nutrition and Dietetics. Before his career in nutrition policy, he provided nutrition counseling and group presentations in private practice and other settings. In his former occupation, he worked in local environmental health for over fifteen years.

Topics:

- Skills For Guiding The Skeptical: Plant-Based Diets For Omnivores
- It's All in the Genes: Going Beyond Milk and Eurocentric Bias Toward a New Calcium Context
- The New Obsessions Over Sugar, Oil and Salt: Hot Trends or Nutrition Risks?
- The Sustainable Diet Debate in the 21st Century: Plant-Based or Local?
- Academy's Position Paper on Vegetarian Diets



AnnaMarie Rodriguez, MS,RDN, LD, DipACLM, FAND

annamarierd@hotmail.com

Annamarie Rodriguez has almost 30 years of experience in a vast array of settings surrounding chronic diseases and specifically kidney disease, both CKD and ESKD. She owns Nutrition Directions, LLC providing dietitian/nutrition consulting services and is dedicated to serving the community to advocate for health equity to advance preventative measures and decrease the incidence and progression of chronic disease. She has a Master's in Health and Wellness Management, is a Certified Lifestyle Medicine Professional, and is a Licensed Food for Life Instructor. She believes that each person is on their own personal "food journey" and the direction of nutrition care is personalized, empowering patients to sustainable life changes. She looks forward to partnering with her patients on their food journey to find the direction of nutrition that is just right for them.

Annamarie focuses on a patient centered integrative nutrition care through a holistic wellness approach that embraces the six pillars of Lifestyle Medicine: nutrition, physical activity, restorative sleep, stress management, avoidance of high-risk substances, and positive social connections. She focuses on meaningful and personal realistic changes that deliver significant results that optimize quality of life and well-being.

Annamarie is an avid volunteer with dietetic practice groups, her state affiliate, the Academy, and her community. Outside her profession, she loves gardening, cooking, nature, travel, and her dogs (since her houseful of kids are grown!). She thrives on staying physically and mentally busy, loves hiking in state and national parks, and kayaking!

Topics:

- Kidneys and Kale: Preventative Kidney Care with Plants
- The Science Behind Plant-Based Nutrition and Chronic Kidney Disease
- Plant-Based Nutrition Care and Kidney Disease - An Individual Shift
- Optimize Kidney Health through Lifestyle Medicine
- Combat Inflammation in Kidney Disease: The Whole Food Plant Based Approach
- Cooking made Easy with Kidney Disease
- Empowering Equitable Community Kidney Healthcare Through Provision of Evidence-based Resources



Geeta Sikand, MA, RDN, FAND, CDCES, CLS, FNLA

gsikand@gmail.com

Geeta Sikand is Director of Nutrition at the University of California Irvine Preventive Cardiology Program and Associate Clinical Professor of Medicine (Cardiology Division) at the University of California, Irvine School of Medicine. Geeta is a Fellow of the Academy of Nutrition and Dietetics and a Fellow of the National Lipid Association (NLA). Ms Sikand has authored many book chapters and research publications and is the recipient of many awards. Ms Sikand is the recipient of the 2019 Academy of Nutrition and Dietetics Medallion award and the 2019 SCAN Excellence in Cardiovascular Nutrition Practice Award.

One of Ms Sikand's focus of research is to study the clinical and cost benefits of medical nutrition therapy by registered dietitians for the management of dyslipidemia and cardiometabolic risk factors. Ms Sikand's meta-analysis reported that multiple visits with the dietitian led to improvements in dyslipidemia and cardiometabolic risk factors such as weight, blood pressure and diabetes in 5,704 patients with dyslipidemia. The second is "Role of Functional Foods in the Prevention of Cardiovascular Disease and Diabetes."

Ms Sikand is the recipient of the 2019 Dolores Nyhus Outstanding Dietitian of the Year Award from Californian Academy of Nutrition and Dietetics, 2019 Presidents Service Award from National Lipid Association (NLA)/ Pacific Lipid Association, 2016 Lifetime Achievement Award from the Academy's Indians in Nutrition and Dietetics Member Interest Group, 2013 Distinguished Service Award from the Dietitians' in Health Care Communities, and the Academy's 2001 Mary Huddleson Award for making the highest contribution to the dietetics profession with publication of her two seminal studies on the clinical and cost benefits of medical nutrition therapy by registered dietitians for the management of dyslipidemia and cardiometabolic risk factors.

Ms Sikand is Director, Cardiovascular Health sub-unit of the Academy of Nutrition and Dietetics Sports and Cardiovascular Nutrition (SCAN) Dietetic Practice Group. Ms Sikand is Co-chair of the NLA Nutrition Task Force and coauthored the "2015 National Lipid Association Recommendations for Patient-Centered Management of Dyslipidemia." Ms Sikand serves on the Boards of the NLA and the Pacific Lipid Association. Ms Sikand co-chairs the NLA South Asian Workgroup dedicated to the prevention of heart disease in South Asians.

Topics:

- Do Plant Based Dietary Patterns Decrease Cardiovascular Risk and Increase Longevity?
- Vegetarian Meal Planning: How to get it right?
- The Power of Plant Proteins
- Academy's Position Paper on Vegetarian Diets