

# Angela Marie Lemond, RD, CSP, LD

555 Republic Drive, Suite 200

Plano, TX 75074

Phone: (972) 422-9180

Email: [angela@angelalemond.com](mailto:angela@angelalemond.com)

URL: [www.angelalemond.com](http://www.angelalemond.com)

Linked-In: <http://www.linkedin.com/in/angelalemond>

Blog: [www.mommydietitian.com](http://www.mommydietitian.com)



Angela is a registered and licensed dietitian with an expertise in pediatrics, family nutrition, weight management, gastroenterology and oncology nutrition. After gaining experience in the inpatient care setting in all areas of practice, Angela started her own private nutrition consulting practice. She supports physicians all over the Dallas Metroplex by providing evidence-based medical nutrition therapy (MNT) to help decrease co-morbid conditions. Angela is a mommy blogger on [mommydietitian.com](http://www.mommydietitian.com) and is a media representative for both the Dallas and Texas Dietetic Associations. She is often quoted locally and nationally in the media on up-to-date nutrition topics. Her passion for her work is evident, as she also contracts with a variety of wellness companies providing nutrition lunch n' learns and seminars. Angela is proud to have received this year's coveted American Dietetic Association's Emerging Leader Award for her commitment to communicating family health through proper nutrition.

## **EDUCATION**

University of Texas Southwestern Medical Center, Dallas, Texas  
BACHELOR'S OF SCIENCE IN CLINICAL DIETETICS

## **CLINICAL INTERNSHIPS, DALLAS, TEXAS**

Parkland Memorial Hospital  
Parkland Memorial HIV Clinic  
Parkland Memorial Community Oriented Primary Care Clinic  
St. Paul University Hospital  
Zale Lipshy University Hospital  
Dallas VA Medical Center  
Tenet Doctors Hospital

## **SPECIALIZATIONS**

Certified Specialist in Weight Management, Commission on Dietetic Registration  
Certified Specialist in Lactation, Lamaze International  
Certified Specialist in Pediatric Nutrition, Commission on Dietetic Registration

## **ACTIVE REGISTRATIONS AND LICENSES**

- Registered Dietitian, Commission on Dietetic Registration
- Licensed Dietitian, Texas State Board Examiners

## **MEDIA INTERVIEWS/ARTICLES/CONTRIBUTIONS**

*Three E's for Optimal Child Nutrition – Educate, Expose & Empower*, BurbMom.net, October 4, 2010  
*Keys to Feeding a Family: Practical Approach to Enjoying Nutrient-Rich Foods Presentation*, Texas Beef Council's Mom Blogger Event, September 17, 2010  
*Healthy Meal Planning Presentation*, IBM, August 18, 2010  
*Child Nutrition 101 Presentation*, Ernst & Young, June 8, 2010  
*Healthy On-The-Go Snacks from Mommy Dietitian*, Dallas Moms Blog, Dallas Morning News, June 8, 2010

*Nutrition Tips from Mommy Dietitian*, Dallas Moms Blog, Dallas Morning News, May 22, 2010  
*Staying Fit: When It Comes to Women and Fitness, Don't Worry, Just Exercise*, San Antonio Express-News, April 5, 2010  
*The Experts Are...In: Seven Experts Answer Tough Parenting Dilemmas*, Dallas Child Magazine, March 2010  
*State of Childhood Nutrition: Overfed & Undernourished*, Y Water, January 13, 2010  
*Plan to Snack to Conquer Your Cravings*, Dallas Morning News, January 6, 2010  
*Flavored-milk debate is dead in S.A.* San Antonio Express-News, November 15, 2009  
*Which is Best for You: Sugar or Substitute? They're Pretty Much the Same, Experts Say*, El Paso Times, October 26, 2009  
*Fit For Life Presentation*, Sodexo, October 20, 2009  
*Organic Foods: A Pediatric Dietitian's Perspective*, Pediatric Society of Greater Dallas 2nd Quarter 2009 Newsletter  
*Mindful Eating For Academics & Energy*, Dedman Lecture at Episcopal School of Dallas, April 2009  
*Take 8 Minutes To Find Out How Much You Should Eat*, NBC 5 TV-Dallas Affiliate, April 2009  
*Feelin' Fine in '09: Why Weight?*, Oncor Energy, April 2009  
*Ask The Dietitian Page*, Wellness For Life Campaign, Episcopal School of Dallas website, since March 2009  
*Health & Wellness Links*, Wellness For Life Campaign, Episcopal School of Dallas, since March 2009  
*The Israel Diet*, Dallas CEO Magazine, September, 2008  
*Healthy Choices Abound When Eating Out*, Frisco Enterprise, May 6, 2008  
*Does Sugar Cause Cancer?*, CURE Today, May 1, 2008  
*Youths*, Dallas Officers Partner for Fitness, Dallas Morning News, April 20, 2008  
*Achieving Behavior Change in the Pediatric Population Presentation*, ADA Weight Management Dietetic Practice Group, Nashville, TN, April, 2008  
*Oral Nutrition Guidelines*, Pediatric Nutrition Formulary for Health Practitioners, Children's Medical Center Dallas, 2008 Edition  
*Why Dieters are Doomed on Tuesdays*, MSNBC, January 16, 2007  
*Raising a Healthy Child*, Dallas Dietetic Association, Fall 2006 Newsletter  
*Cardiology MNT in Pediatrics Presentation*, UT Southwestern Dietetic Students, 2005-2007  
*Beyond the Children's Table*, Reno Gazette-Journal, November 8, 2006  
*MyPyramid Overview*, Peer-to-Peer, Children's Medical Center Dallas, October 31, 2006  
*Program Gives Families Tools to Develop Healthier Habits*, The Dallas Morning News, June 19, 2006  
*The Great Dinner Debate – Feed Your Family Without Fuss*, SheKnows.com  
*The Family Weight: Family Begins Weight Loss Battle*, WFAA-TV, March 14, 2006  
*Positioning & Latch-On Presentation*, Lactation Support Team, Children's Medical Center Dallas, April 7, 2005

## **DIETETIC ASSOCIATION POSITIONS**

- 2010-Present: Public Relations Chair, Texas Dietetic Association
- 2010-Present: Nominating Committee, Texas Dietetic Association
- 2009-Present: Food & Nutrition Conference Co-Chair, Texas Dietetic Association
- 2007-Present: Media Representative, Texas Dietetic Association
- 2007-Present: Media Bureau Member, Dallas Dietetic Association
- 2006-2008: Public Relations Chair, Dallas Dietetic Association Governing Board
- 2004-2005: Nutrition Educator, Dallas Pregnancy Resource Center, Dallas, Texas
- 2005 and 2006: Fun Run Committee, Dallas Dietetic Association
- 2003-2004: Student Liaison, Dallas Dietetic Association Governing Board
- 2002: Vice President, University of Texas Medical Center, Student Dietetic Association
- 2001: Events Chairperson, Texas Woman's University, Student Dietetic Association

## PROFESSIONAL EXPERIENCE

- 4/09 – Present      **VOLUNTEER CLINICAL INSTRUCTOR**  
University of Texas Allied Health Services, Clinical Nutrition Department  
<http://www.utsouthwestern.edu>  
Provide nutrition expertise to UT Southwestern partners
- 4/08 – Present      **DIETITIAN CONSULTANT/ /BLOG WRITER/SPEAKER**  
Angela Lemond, RD, CSP, LD  
Private practice dietitian providing nutrition services to individuals and families; expertise areas include pediatric nutrition, family nutrition, gastroenterology and oncology nutrition. Also provide nutrition contract services to companies.
- Professional Website/Social Media Marketing*  
URL: <http://www.angelalemond.com>  
BLOG: <http://www.mommydietitian.com>  
Linked-In: <http://www.linkedin.com/in/angelalemond>  
Twitter: <http://www.twitter.com/mommydietitian>  
Facebook: <http://www.facebook.com/pages/Dallas-TX/Mommy-Dietitian/110077205691632>
- 7/04 – 4/08      **CLINICAL/PEDIATRIC DIETITIAN**  
Children’s Medical Center of Dallas, Dallas, Texas  
<http://www.childrens.com>  
Specializations in cardiology and weight management pediatric nutrition. Develop nutrition care plans; involved in program development and program instructor for LEAN Families program. Screen patients for nutrition risk; complete nutritional assessments/re-assessments in inpatient and outpatient setting for all pediatric disease states.
- 3/07 - Present      **EDITOR/AUTHOR**  
SuperKids Nutrition, World Wide Web  
<http://www.superkidsnutrition.com>  
Edit articles written by other dietitians and author/co-author nutrition-related articles for consumers and other health professionals.
- 5/03 – 12/03      **DIET TECHNICIAN**  
Zale Lipshy University Hospital, University of Texas Medical Center, Dallas, Texas  
<http://www.utsouthwestern.org>
- 10/01 – 7/03      Baylor Health Care System, Grapevine, Texas  
<http://www.baylorhealth.com/locations/grapevine/>  
Open nutrition services and run daily census; screen patients and categorize them as “high” or “low” risk; complete full assessments on high risk patients; visit and educate patients as necessary; patient follow-ups every 7 days,
- COMMUNICATIONS MANAGER – MARKETING**  
03/97-08/01      Citigroup Inc., Irving, Texas  
<http://www.citigroup.com>  
Responsible for marketing budget, national advertising and collateral materials; managed internal and external marketing incentives; content manager of Intranet and Internet site for

the Industrial Equipment Finance Group; editor of department newsletter; event planner,

## **HONORS & ACHIEVEMENTS**

- 2010 Emerging Leader Award, Texas Dietetic Association
- 2007 Formed Dallas Dietetic Association Media Bureau
- 2005 Outstanding Volunteer Award, Dallas Dietetic Association
- 2004 Outstanding Dietetic Student of the Year, Texas Dietetic Association
- 2003 Texas Consultant Gerontological Dietitian Practice Group Scholarship; Texas Dietetic Association
- 2002 Alfred J. and Florence Seubert Memorial Scholarship; American Dietetic Association

*Professional references available upon request.*