

**Caryn Nistico, MS, RD, CDN**  
**L.I.P.I.D**  
**153 Beverly Road**  
**Huntington, NY 11746**  
**Phone/fax 631-425-1578**  
**Pager 516-972-8108**

**EDUCATION** Long Island University New York  
Master of Science, Medical Biology 1984

Adelphi University, New York  
Bachelor of Arts, Business 1978

**EXPERIENCE** **Long Island Personalized Instructional Diets (LIPID)**

President Huntington, NY 1987-Present  
Nutrition consultant to physicians, hospitals, nursing homes, LTHHCP and home  
Care agencies and dialysis centers, Nutrition instructor and in service trainer for Best  
Care home care agency in the tri State area. Clinical instructor at Queensboro College.  
Specialize in renal nutrition.

**Community Nutritional Services, Syosset, New York.**  
Nutrition Consultant 1986-1991  
Responsible for the nutritional care of the elderly. Involved in the meal planning of  
Clients on therapeutic or modified diets. Conduct in service training and attend meetings.

**Marriott Corporation**

**South Nassau Communities hospital, Oceanside, New York.**  
Assistant Chief Dietitian 1986-1988  
Documented initial nutrition assessments and follow up notes. Provide patient education  
programs for inpatient and out patients.. Monitored quality assurance for the standards of  
of care. Attended committee meetings for critical care, stroke and diabetes patients

**South Oaks Hospital/Broadlawn Manor, Amityville NY 1983-1986**  
Chief dietitian

Chart initial assessments and subsequent notes on geriatric and eating disorder,  
patients. Attended team conferences conduct employee training.

**Rockaway Care Center, Edgemere, NY 1977-1982**

Director of Dietetic Services  
Activities included formulating policies and procedure manuals. Annually updated diet  
manual for regular, therapeutic and modified diets. Nutritional analysis of recipes and  
menus. Purchasing ordering inventory and budget control.

**Professional**

**Affiliation** The American Dietetic Association  
Nutrition Entrepreneurs  
Nutrition in Business and communication  
Nutrition and Weight Management  
Consultant Dietitian in Health Care Facilities

**Certificate** Registered Dietitian  
Certified Dietitian

**Production** Here's to Your Health local cable access television 1997  
The "Wise Guys" Wise Up to Food and Medicine, 2000  
Beat the Disease Internet 2007

**Media** Cable Television Network Nutrition Myths 1997  
Cable Television Network The RD in the Community 1998

**Publication** National Gym Association Certification Course