

**Interviewee:** Christopher Regalado RD/LD

**Job title:** Clinical Dietitian

**Date:** May 6, 2009

1. **What is your educational background?**

B.S. at UIW

R.D. Internship at UIW (Here I really got an idea of what field I wanted to get into.)

2. **What made you become interested in Nutrition?**

I had no idea what I wanted to do at first. I knew I wanted to do something with general nutrition and wellness but wasn't quite sure what. I figured I would just become a personal trainer and work at nutritional supplement stores (which I did for a period of time). I did not know of any other jobs relating to nutrition. One day I overheard a girl talking about becoming a clinical dietitian and inquired about that career field. I knew then what career path I wanted to take.

3. **What was your first Nutrition-related job experience like?**

I was a Nutrition Consultant Coordinator for a school district in San Antonio. It was then that I felt I needed to obtain my R.D. credential so that people would know I was a reliable source of sound information.

4. **What is your favorite aspect of Nutrition?**

Critical Care Nutrition Support

5. **Why do you feel that more people need to be educated about Nutrition?**

There is a lot of misleading information out there in websites, products, commercials, etc. We need to provide legitimate and sound information. People also need to ask questions; no one should be able to tell you what pills to take or a diet plan without knowing your medical background.

6. **What are your current job duties / responsibilities?**

Patient assessment and education, menu planning, quality control, meal modification, and nutrition support.

7. **What do you like most / least about your job?**

I love my job and what I do. I especially like our management and administration. I also like that I get to work with specialty departments and direct them down the right road.

Unfortunately the clinical scene is not always the appropriate place for nutrition education, because people are usually sick and just wanting to get out of the hospital and not wanting to listen to anyone about their diet.