

Nicole R. Hilburt MS, RD, LDN, CNSD
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Qualifications

Masters Level Education
Registered Dietitian
Licensed Dietitian
Certified Nutrition Support Dietitian

Key Accomplishments

Certified Nutrition Support Dietitian 2004 - present

"Optimal Nutrition with Lung Disease." Invited presentation for the Temple University Hospital Lung Clinic, February 2006

"How to not overdrink your calories and gain weight at the holidays." Appearance on Channel 3 News Report. December 2005

"The Brazilian Diet, Good or Bad." Appearance on Channel 3 News Report. December 2005

"Nutrition Support in the Critically Ill Respiratory Patient." Monthly invited presentation for the intensive care unit residents and medical students. April 2005 - present

"Temple Nutritionist Urges Caution in Summer Dieting." Germantown Courier Article. July 2005

"The Benefits of Dairy." Interview with ivillage Health Website. March 2005

"Low and No Carbohydrate Diet Trend." CN8 TV Interview. January 2005

"Fat: The Difference Between Good and Bad." Appearance on Channel 10 at 10 Live. May 2004

"Detox Diets and Do They Work?" Appearance on Channel 29 News Report. August 2004

"Chocolate: Pros and Cons." Philadelphia Times Article. August 2003

"The Luna Bar and Other Women's Supplements: What's Their Worth." Appearance on Channel 10 News Report. March 2003

"Maximizing Nutrition with Hepatitis and other Liver Disease." Invited presentation for the Temple University Hospital Liver Disease Support Group. November 2002

Professional Experience

November 2001 to present
Temple University Hospital, Philadelphia PA
Senior Dietitian/ Clinical Nutrition Specialist

February 1996 - November 2001
The Wood Company, Allentown PA
Long-term Care Dietitian
School Lunch Program Dietitian

Education

University of Delaware, Bachelor of Science
West Chester University, Masters of Science

Affiliations

American Society of Parental and Enternal Nutrition
Pennsylvania Society of Parental and Enternal Nutrition

Personal Statement

No truer word were ever spoken than, "You are what you eat." Our body is an amazing, adaptable machine that is completely and utterly dependent upon how we treat it and what we put into it. It is my desire to help individuals realize optimum, holistic health, thereby also improving one's self-image and personal empowerment in attaining this state of wellness. I am able to accomplish these goals through education and personal and practical example.

When I began this journey over fifteen years ago, I knew only that I wanted to be in the health care field. I lost my mother at a young age and did not fully understand what exactly what happened to her. At the time, I was too young for any technical explanation, and felt helpless and powerless to do anything to change the outcome of that crisis. That is when I made up my mind to never again be in the dark with regard to my own health or the health of those whom I cared about. I ended up choosing nutrition and dietetics for two reasons: first, to gain an understanding of the general mechanisms of the human body, and specifically, the relationship of food/good nutrition to positive health outcomes;

secondly, because I have an insatiable passion for it. I knew after I finished my first nutrition course that I had found my niche. It is an ever-changing field that offers constant stimulation and opportunity for new growth and learning. I am fortunate to practice something that I truly enjoy doing everyday. My client's victories are also my victories, and it is always a thrill for me to know that I have made a difference in their lives. As a result of the education I have received and the experience I have gained, I am now in a position to offer my skills and knowledge to those who need it. For me, being capable of filling the position of Director of Dietetics for the **IBNFC** (International Board of Nutrition and Fitness Coaching) is an honor and provides me with the opportunity to help educate thousands of more people each year about nutrition and fitness.