

# Krystal S. Dunham, MS, RDN, LD

Bixby, Oklahoma | [LinkedIn](#) - krystalsdunham | 817-751-4092 | [krystal@themotherroaddietitian.com](mailto:krystal@themotherroaddietitian.com)

## EDUCATION & TRAINING

---

MS in Nutrition and Food Science with Honors & Dietetic Internship, *University of Central Oklahoma*, 2021  
BBA in Marketing, Minor in Communication Arts, *Southwestern Oklahoma State University*, 2009

## PROFESSIONAL SERVICE AND SCHOLARLY SOCIETIES

---

Oklahoma Academy of Nutrition and Dietetics, 2016-present

- President, June 2024 - present
- Program Committee Chair, 2022- 2024

Academy of Nutrition and Dietetics, 2013- present

Diversify Dietetics, 2018- present

Texas Academy of Nutrition and Dietetics, 2013-2015

## WORK EXPERIENCE

---

Operator, Registered Dietitian Nutritionist, and Media Spokesperson, The Mother Road Dietitian, LLC.

- Counsels clients in individual and group settings using evidence-based interventions for the management of disordered eating, eating disorders, and other chronic diseases including diabetes, MAFLD, and PCOS
- Shares expertise on behalf of a variety of clients including: Oklahoma Beef Council, Found Health, Inc., Men's Health Magazine, VeryWell Health, Well + Good, Back Roads Granola, and Have A Plant® through live and virtual presentations, engaging with consumers on social media, recipe development, and contributing to publications
- Mentors and supports Diversify Dietetics student members with resume and personal statement review and virtual interview prep to successfully navigate the DICAS application process

Registered Dietitian, YouthWorks Ranch

- Serves youth in North Tulsa ranging from grades K-12 to by promoting food security through nutrition activities and workshops on creating balanced, culturally relevant meals and snacks
- Incorporates wellness education into ranch activities by advocating for the connection between nutrition, physical activity, and overall health, empowering students to develop lifelong healthy habit

Contract Registered Dietitian Nutritionist, Allied Nutrition Care, LLC

- Provides individualized medical nutrition therapy (MNT) via telehealth to over 2-5 patients weekly with a variety of health and lifestyle needs using weight-inclusive approaches

Contract Registered Dietitian Nutritionist, Foodsmart

- Provides individualized medical nutrition therapy (MNT) via telehealth to over 15-30 patients weekly with a variety of health and lifestyle needs

Social Media Intern, Banister Nutrition, LLC.

- Assisted in plans to increase followers on social media websites such as Facebook and Instagram (followers +55%)
- Managed monthly editorial calendar and created content to promote services, blogs, and nutrition education
- Updated and maintained content posted on the website and social media channels (page views +233%)

Community Health & Outreach Promotor, United States Peace Corps

- Utilized Let Girls Learn curriculum to create opportunities for mentees to maximize their potential through support, counsel, friendship, reinforcement, and constructive example
- Managed \$1,255 (2017) and \$2,100 (2018) foodservice budget to create and supervise 150 quality meals and snacks for 50 campers during a 5-day health camp for youth aged 14-18
- Partnered with SisterPADS to host an empowerment workshop that provided effective sexual reproductive health messaging and resources to 57 girls including cost-effective, eco-friendly, washable, and reusable sanitary pads
- Led outreach efforts aimed to improve community health, reduce incidences of diseases through prevention methods, sanitation and hygiene, and increase knowledge about healthy sexual behaviors

Shift Supervisor, Starbucks Corporation

- Participated in ongoing education using a combination of online learning and hands-on training to nurture talent and lead a team while improving individual skills, knowledge, and competence

- Drove sales by leveraging business acumen, efficiency, and problem-solving skills to meet and exceeded coffee sales goals

#### Land Technician, Chesapeake Energy

- Interacted regularly with teams, including Land Administration, Accounting, Owner Relations, and Regulatory
- Worked with land brokers to ensure lease documents were processed, which included calculating and/or confirming correct bonus paid and reviewing the oil and gas lease for accuracy

### DIETETIC INTERNSHIP

---

#### U.S. Department of Veterans Affairs, Oklahoma City, Oklahoma

- Completed 10-week foodservice management and 10-week clinical rotation at 192-bed hospital, including four weeks of staff relief
- Conducted nutrition assessments/reassessments, provided diet education, and medical nutrition therapy for Emergency, Psychiatric, Med-Surgery, LTC, and ICU patients
- Monitored and revised diet and/or enteral nutrition based on patients' needs, goals, and interventions relating to optimal care in coordination with the medical team

#### Oklahoma Beef Council, Oklahoma City, Oklahoma

- Participated in *Dinner Is Served* series to encourage Oklahomans to include beef in a healthy lifestyle

#### Nutrition Specialist, LLC., Oklahoma City, Oklahoma

- Collaborated with private practice to create content including brand style and core color palette for social media

#### OSU Extension, Oklahoma City, Oklahoma

- Assisted Community Nutrition Education Programs with food preservation/canning workshop for seven youth participants

#### Oklahoma City Indian Clinic, Oklahoma City, Oklahoma

- Created seven 3-5 minute nutrition videos with accompanying lesson plans for virtual youth wellness camp

#### ONIE Project, Oklahoma City, Oklahoma

- Wrote and published a 400-word blog on five healthy summertime salsas

### LEADERSHIP EXPERIENCE

---

#### United States Peace Corps, Volunteer Advisory Committee (VAC) Representative

- Actively engaged with diverse Volunteer population and Staff continuously regarding ideas, concerns, and/or updates in efforts to maintain Volunteer effectiveness and well-being
- Successfully pitched a proposal for a communication allowance which ensured VAC Representative could communicate with Constituents
- Served as co-contributor and co-writer of committee by-laws

#### Southwestern Oklahoma State University/Lone Star Conference, Student-Athlete Advisory Committee (SAAC)

- Served as a liaison between student-athletes and the Administration to enhance the overall student-athlete experience by organizing efforts to protect the student-athlete welfare, maintain integrity, and foster a positive student-athlete image
- Represented SWOSU student-athletes by serving as a positive role model for peers, while moving forward the ideals of service and sportsmanship throughout the Conference

### PRESENTATIONS

---

**Dunham, K.,** "Services Marketing: The Missing Pieces to your RD Practice," South Florida Academy of Nutrition and Dietetics, September 10, 2024.

**Dunham, K.,** "Services Marketing 101 for RDs in Entrepreneurial Space," Diversify Dietetics Summit 2024, June 8, 2024.

**Dunham, K.,** "The Collard Greens Can Stay: Nutrition & Health in the Black Community," Bible Tabernacle Christian Center- Wellness Wednesday, June 28, 2023

**Dunham, K.,** and Puche, G, "Our Differences Make a Difference in Nutrition & Dietetics," Oklahoma Academy of Nutrition and Dietetics Spring Convention, April 6, 2022.

**Dunham, K.,** *How to Incorporate Weight Inclusive Practices,*” Oklahoma City District Dietetic Association General Meeting, February 2022.

**Dunham, K.,** and Healy, C., “*Building a Balanced Plate for the Holidays,*” Found Health, November 19, 2021

**Dunham, K.,** “*Why Losing Weight Is Not Always the Solution,*” Living Well Series, October 2021

## **MEDIA/COMMUNICATION**

---

*Eat This, Not That: Nutritionists Choose the Best ALDI Products.*

<https://www.msn.com/en-us/health/nutrition/the-best-aldi-finds-according-to-nutrition-experts/ss-AA1ggKPZ>

*The 6 Best CoQ10 Supplements of 2024.* (2023, August 2). Verywell Health.

<https://www.verywellhealth.com/best-coq10-supplements-7565538>

*The 8 Best Supplements for Eye Health of 2024.* (2024, January 22). Verywell Health.

<https://www.verywellhealth.com/best-supplements-for-eye-health-8424297>

Byrne, C. (2021, November 30). *Hunger Pangs: What They Are and How to Deal With Them.* Men's Health.

<https://www.menshealth.com/nutrition/a38379499/hunger-pangs/>

Merschel, M. (2023, November 20). *Ideas for keeping Thanksgiving healthy – and happy.* American Heart Association.

<https://www.heart.org/en/news/2023/11/20/ideas-for-keeping-thanksgiving-healthy-and-happy>

Vasquez, I. (2023, August 19). *Debunking Binge Eating Disorder With a Dietitian.* Well+Good. Retrieved February 16, 2024,

from <https://www.wellandgood.com/binge-eating-disorder/>

## **AWARDS, HONORS, AND ACHIEVEMENTS**

---

Rising Leader, Academy of Nutrition and Dietetics, *Dietitian in Business and Communications Practice Group*, 2023

Recognized Young Dietitian of the Year, Oklahoma Academy of Nutrition and Dietetics, 2022

Dr. Valerie B. Knotts Outstanding Dietetic Intern Award, University of Central Oklahoma, 2021

Career Development Fellow, American Association of University Women, 2018- 2019

Partner of the Quarter, Starbucks Corporation, Quarter 2- 2015

Who’s Who Among Students in American Colleges and Universities, Southwestern Oklahoma State University, 2008

Commissioner's Honor Roll, Lone Star Conference, 2008

Deans’ List, Southwestern Oklahoma State University, 2006-2009

Scholar Athlete, Southwestern Oklahoma State University, 2006

Jerry & Shawn Grizzle Scholarship, Everett Dobson School of Business and Technology, 2008

Navy and Marine Corps Relief Scholarship, Southwestern Oklahoma State University, 2005-2008

Foundation Scholarship, Southwestern Oklahoma State University, 2006-2009