

Ann M. Del Tredici, MS, RD, CDE

Registered Dietitian, Certified Diabetes Educator
Private Practice Nutritionist

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Curriculum Vitae

Summary

Current Employment and Qualifications

- Registered Dietitian, RD, Private Practice, 1979-present
- Certified Diabetes Educator, CDE, 2006-present
- Special Certificate of Training: Chronic Kidney Disease Nutrition Management, 2012
- Medicare Provider for Diabetes and Pre-End Stage Renal Disease, Medical Nutrition Therapy, 2002-present

Additional Relevant Nutrition Skills

- Cooking Class Creator & Instructor: CardioCuisine™ Cooking Class: Low Fat Cooking Class for Cardiac Patients, College of Marin, Kentfield, CA, 1986-1991
- Nutrition Content Provider: Krames StayWell, San Bruno, CA, Nationally Distributed Patient Education Booklets and Internet Products, 1987-2013
- Consultant to Merck & Co., Inc. for the development of a Lipid Clinic Dietary Program for physician referral, an adaptation of the National Cholesterol Education Program (NCEP); project was never implemented, 1988
- Food Product Analyst & Food Label Advisor, Barbara's Bakery, a National Food Company, 1997
- Writer and Consultant, nutrition information: Patient Handouts, Health Education Brochures and Booklets, Low Fat Dining Guide for Marin Restaurants (booklet), 1979-present
- Occasional Media Nutrition Expert: Radio, Newspaper, Magazine, Television, 1979-present
- Restaurant and Corporate Chef Consultant: LucasFilm, Ltd. Executive Dining Room, HiTech Burrito and other small, local restaurants; Nutritional assessment and dietary recommendations for low fat menu changes, San Rafael, CA, 1990-present

Past Employment

- RD: Cardiovascular Associates of Marin and San Francisco, Cardiac and Stroke Patient Dietary Counseling, 1979-1996
- RD: Cardiac Rehabilitation Program and TAM Program: Kentfield Medical Hospital, Marin General Hospital, Cardiovascular Associates of Marin and San Francisco; Nutrition classes for cardiac and stroke patients and their families, 1979-1994
- Instructor: San Jose State University, Upper Division Nutrition Courses and Labs, 1984-1986
- Research Nutritionist, Project Manager, EFNEP, Cooperative Extension, UC Berkeley: 24-Hour Food Recall Data, Analysis of State-wide Participant Data, 1981-1987

Professional Service

- Board of Directors & Past-President: American Heart Association-Marin County Chapter, CA, 1985-1992
- Board of Directors & Past-President: California Dietetic Association-San Francisco Bay Area District Chapter, 1987-1990
- Past-President, Marin Nutrition Council, San Rafael, CA, 2 Terms as President, 1987, 1988
- Preceptor for Dietetics Students: UC Berkeley, CPD Program: 1988-1990

Education and Certifications

Bachelor of Science: Food Science and Nutrition, Minor in Biochemistry, 1976
University of California, Berkeley

Master of Science: Nutrition, 1982
Thesis: The Effect of Dietary Fiber on the Metabolism of Bile Acids in Humans and Animals
University of California, Berkeley

RD Certification, Registered Dietitian, 1990
Commission on Dietetic Registration
Dietetic Internship: Marin General Hospital, Greenbrae, CA

CDE Certification, Certified Diabetes Educator, 2006
National Certification Board for Diabetes Educators

Certificate of Training, Chronic Kidney Disease Dietary Management, 2012
Academy of Nutrition and Dietetics

Employment History (Abridged for relevance)

1. Ann M. Del Tredici, MS, RD, CDE, Nutritional Counseling Services

Registered Dietitian, Certified Diabetes Educator, Medical Nutrition Therapy for Diabetes and Renal Disease, Kentfield, CA, 1979 – Present

Currently, I provide one-on-one nutritional counseling to patients for diabetes, high total cholesterol, high LDL and high Lp(a), high triglycerides, hypertension, gastrointestinal problems, celiac disease, IBS, transit time issues, including chronic diarrhea and chronic constipation, gastrointestinal diseases and surgical problems related to eating (including mouth, throat, esophagus, stomach, pancreatic, liver and colon cancers), pancreatitis, kidney disease, pre-end stage kidney failure, kidney stones, eating disorders, pre-bariatric surgery assessments, post-bariatric surgery feeding and nutrient problems, migraine headaches, food allergies, weight loss, weight gain, and other nutrition-related medical problems.

2. Registered Dietitian, Cardiovascular Associates of Marin and San Francisco

Larkspur, CA, 1979 - 1996

I was the in-house RD for patients with coronary artery disease, including coronary artery stent and bypass patients, heart attack patients and patients with hypercholesterolemia, hypertriglyceridemia, diabetes, hypertension and obesity. I also saw patients with carotid artery disease, stroke patients and patients with peripheral artery disease. I provided one-on-one dietary assessment and nutritional counseling for patients, individualizing dietary recommendations to fit the patient's lifestyle. I saw patients in both the Marin and San Francisco offices.

3. Registered Dietitian, Cardiac Rehabilitation Program and TAM Program

Kentfield Rehabilitation Hospital, (Cardiac Rehab) Kentfield, CA; Marin General Hospital, (Cardiac Rehab) Greenbrae, CA; Cardiovascular Associates of Marin and San Francisco, (Cardiac Rehab and the TAM Program) Larkspur, CA 1979 - 1994

I served as the RD for the Cardiac Rehabilitation Program and the TAM Program (Total Atherosclerosis

Management), co-designing and implementing the nutrition component of both programs. I provided informational lectures on the dietary factors involved in heart disease and carotid artery disease and I discussed dietary recommendations for cholesterol and risk lowering; I discussed low fat cooking techniques, recipe modifications, recipe analyses, and helpful suggestions for eating in restaurants.

**4. Creator & Cooking Class Instructor, CardioCuisine™ Cooking Class,
College of Marin, Kentfield, CA 1986 – 1991**

In response to requests for lessons on how to cook low fat food, I created and taught the CardioCuisine™ Cooking Class. I originally offered the class at Kentfield Rehabilitation Hospital, as part of the Cardiac Rehabilitation Program and then offered it to a bigger audience at the College of Marin. The class structure included a brief lecture on how a low fat diet helps cholesterol problems, how cooking methods need to be adjusted for lower fat ingredients, followed by a cooking demonstration and food tasting session. Participants received a binder of reference material and all of the recipes demonstrated in the class. I created over 75 new low fat recipes with nutrient analyses for the class.

5. Research Nutrition Analyst, 24-Hour Dietary Recall Project Manager, Expanded Food & Nutrition Education Program (EFNEP), University of California, Berkeley, 1981 – 1987

I performed detailed diet analyses of thousands of completed 24-hour food recall EFNEP questionnaires and prepared aggregate summaries of the statewide data for further statistical analyses. The 24-hour food recall questionnaires were the primary method of evaluating the effectiveness of the nutrition education program. The California EFNEP program is a federally-funded program that offers nutrition education to limited-resource families with young children and limited-resource youth. EFNEP is administered by the University of California Cooperative Extension and operates in 22 of California's 58 counties.

**6. Nutrition Content Consultant and Technical Reviewer, Krames StayWell
San Bruno, CA, 1987 – 2013**

I have provided nutrition content for over 25 patient education publications produced by Krames StayWell, including several best sellers and award winning booklets, "You Can Manage Your Cholesterol" (over 6 million copies sold, award-winning), "Low-Fat Eating"(award-winning), "Low Sodium Eating" and "Eating Well with Diabetes" and the "On Demand" online dietary recommendation instructions for hospital patient discharge. I provide periodic technical reviews and updates for existing booklets, brochures and internet products.

**7. Instructor, San Jose State University,
San Jose, CA, 1984 – 1986**

For two years I taught upper division nutrition major coursework, a lecture class, Nutritional Biochemistry, and the Human Metabolic Nutrition Laboratory course.

**8. Consultant Registered Dietitian, Barbara's Bakery/Weetabix North America
1997 – 1998**

As a consultant to Barbara's Bakery I assisted them in updating their food product labels to include information about diabetic serving sizes. I performed analyses to determine how many standardized servings of carbohydrate, protein and fat were in their entire product line of over 90 products.

**9. Regular Guest, Expert Nutritionist: The Jim Eason Show, KGO Radio 810 AM,
San Francisco, CA, 1988 – 1993**

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I was a regular, live, in-studio one-hour guest on "The Jim Eason Show," answering nutrition questions from the radio audience and from the host, Jim Eason. I was a popular guest, filling the switchboard with calls and requests from callers. KGO radio at that time was the #1 radio station in the San Francisco Bay Area.

Relevant Publications

1. Bringing the Cholesterol Message to the Public: Dietitians Must Be Proactive in Nutrition Counseling, Journal of the American Dietetic Association, 1990, Volume 90:1383-1386, 1990; Authors: Ann M. Del Tredici, MS, RD, J.Z. Yetiv, MD

2. You Can Manage Your Cholesterol, Krames StayWell publication; Best Seller, Award winning, 16 page booklet, Product #1292 and #1396 (Spanish), Contributors: Ann M. Del Tredici, MS, RD, CDE, Ursula Puglizevich, and Donald D. Brown, MD

I was the primary nutrition content contributor on this cholesterol booklet. It is also available in Spanish. It has information on total cholesterol and HDL, LDL and triglycerides. This booklet educates the reader about making dietary changes for lowering cholesterol. It is in accordance with ATP III Guidelines and reflects the USDA Dietary Guidelines. It helps the reader understand cholesterol, HDL, LDL, and triglyceride test results. This booklet has an interactive risk-assessment quiz, updated advice on choosing fats and reading food labels. It includes the latest LDL goals for high-risk patients and has sections about healthy cooking, eating out and the optimal numbers of daily servings of fruits and vegetables. It also has a fill-in chart for a patient to track lipid levels over time.

3. Low Fat Eating, Krames StayWell publication, Best Seller, Bronze Award, National Health Information Awards, 16 page booklet, Product #1477 and #1998 (Spanish), Contributors: Ann M. Del Tredici, MS, RD, CDE, Nancy Clark, MS, RD, CSSD

I was the primary nutrition content contributor to this low-fat eating guide. It is also available in Spanish. This booklet helps patients understand the types of fats, including trans fats, and why certain fats can be unhealthful. It shows fat intake goals for men and women, giving numbers for both normal and overweight patients. It includes discussions about food choices, serving sizes and food labels. It shows how to make better food choices, cook more healthfully, eat out on a low fat diet, and it gives food substitution ideas. It reflects USDA 2005 Dietary Guidelines and the MyPlate.gov recommendations for serving sizes and label reading. It has an interactive assessment.