

# CHERYL INY HARRIS, MPH, RD, LD

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## PROFESSIONAL EXPERIENCE

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- 8/07-present Harris Whole Health** **Alexandria, VA**  
*Founder and Nutritionist*
- Provides individual counseling on diet and health, specializing in Celiac Disease, breastfeeding, pregnancy, child obesity, allergies, whole-foods eating and general wellness.
  - Writes a blog and a newsletter and website on healthy living with food restrictions (approximately 1000 bits per month).
  - Teaches classes on gluten-free diet basics, how to make the diet healthier, GF baking and cooking, etc. and gives presentations for groups such as the Washington Celiac Sprue Support Group, the Chesapeake Celiac Support Group and the Kaplan Center for Integrative Medicine
  - Writes articles on a gluten-free diet for the Gluten Intolerance Group, Washington Area Celiac Support group, MNPG Newsletter and Today's Dietitian

- 6/08-present Kaplan Center For Integrative Medicine** **Arlington, VA**  
*Nutritionist and dietitian*
- Provides Medical Nutrition Therapy in an integrative care setting, focusing on care for adults with chronic pain conditions, gluten intolerance, general wellness and more.
  - Writes informational articles on a variety of nutrition related topics

- 10/06-5/08 Mary's Center for Maternal and Child Health** **Washington, DC**  
*WIC Nutritionist*
- Counseled a multicultural group of women, infants and children on optimal nutrition for health.

- 11/06-5/07 Children's National Medical Center** **Washington, DC**  
*Dietitian for youth and teen obesity clinic*
- Set goals with children and teens for healthy, sustainable weight loss.

- 3/03-9/06 DC WIC State Agency** **Washington, DC**  
*Public Health Nutritionist/ Breastfeeding Coordinator*
- Trained WIC Staff on nutrition and counseling skills.

## VOLUNTEER POSITIONS

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- 3/07-present Gluten Intolerance Group** **Seattle, WA**
- Writes articles on a gluten-free diet and lifestyle.
- 12/08-present American Dietetics Association's Medical Nutrition Therapy Group**  
*Reviews articles on Celiac Disease*
- 12/09-present Celiac Sprue Association Camp** **Seattle, WA**
- Provides dietary support and menu evaluation

## EDUCATION

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- 2000-2002 University of California, Berkeley Berkeley, CA**  
**Masters in Public Health Nutrition (MPH)**  
• *Cumulative GPA - 3.8/4.0*
- 1997-2000 Cornell University Ithaca, NY**  
**B.S. in Nutritional Sciences**  
• *Cumulative GPA - 3.67/4.0*

## CERTIFICATIONS

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- 2003-present University of California, Berkeley Berkeley, CA**  
**Registered Dietitian (RD)**

## SPEAKING ENGAGEMENT HIGHLIGHTS

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- 2010-2011 Celiac Disease Video Project McLean, VA**  
*Basics of Celiac Disease, grant funded through the Celiac Sprue Association*
- 6/29/10 FDA Panel Silver Spring, MD**  
*The Effect of Celiac Disease on Medications and Other Treatments*
- 2006-present Harris Whole Health/Kaplan Center Alexandria/McLean VA**  
*10 classes a year on topics related to a gluten-free diet*
- 2/10, 8/09 Chesapeake Celiac Support Group Annapolis, MD**  
*Healthy Gluten-free Eating, Gluten-free Grains*
- (3/11), 5/09, 11/07 Washington Area Celiac Support Group Bethesda, MD**  
*Healthy Gluten-free Holiday hints, Gluten-free weight loss*
- 6/12/08 Institute of Medicine/National Academies Washington, DC**  
*Implications of Weight Gain for Pregnancy Outcomes: Issues and Evidence*
- 9/17/05 FNS USDA Annual Conference Arlington, VA**  
*Building Breastfeeding Friendly Communities*
- 7/19/05 Mid Atlantic Region WIC Conference Washington, DC**  
*Successful Breastfeeding Efforts—Panel*

## HONORS AND RECOGNITION

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- 2004 Department of Health Leadership Award Washington, DC**
- 2003 Public Health Traineeship Berkeley, CA**
- 1997-2000 Dean's List—College of Human Ecology Ithaca, NY**

## TRAININGS AND CONFERENCES

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- 5/09-8/09 Wellcoaches Wellness Coach Training**
- 6/06&07 Food as Medicine Baltimore, MD**
- 8/05 Public Health Nutrition Leadership Conference Baltimore, MD**