

# CHERYL INY HARRIS, MPH, RD

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## PROFESSIONAL EXPERIENCE

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**6/07-present Harris Whole Health** **Fairfax VA**

*Registered Dietitian Nutritionist & Certified Wellness Coach*

) Provides counseling on diet and health, specializing in digestive disorders and medical nutrition therapy.

) Media spokesperson on nutrition with quotes & interviews in the Washington Post, MSNBC.com, Washingtonian, Prevention, WUSA9, Let's Talk Live DC and more.

**2004-present: Freelance Writer & Speaker**

) Writes on nutrition and health for a variety of publications, such as Simply Gluten-Free Magazine, Gluten-Free Living, Today's Dietitian, Food and Nutrition Magazine, Gluten Intolerance Group Magazine, MNPG newsletter, etc.

) Presents on nutrition topics for groups including Today's Dietitian, the USDA, Institute of Medicine, the FDA, Institute of Integrative Nutrition, Villanova, Virginia Academy of Nutrition & Dietetics, DC WIC, etc.

**5/13-2019 Maryland University of Integrative Health** **Laurel, MD**

*Adjunct Faculty/Lead instructor*

) Developed & taught Mindful Eating and Nourishment, a 25-hour, 2 credit course for MS Nutrition graduate students which encompasses research and practice on mindfulness, mindful eating, self-compassion, mindless eating, guided imagery, etc.

**3/03-9/06 DC WIC State Agency** **Washington, DC**

*Public Health Nutritionist/Breastfeeding Coordinator*

) Applied for grant funding. Wrote four funded grants and co-wrote two more, totaling \$495,000.

) Coordinated and planned breastfeeding programs within WIC, including extensive collaborations with other agencies.

## EDUCATION

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**2003 Registered Dietitian Nutritionist (RDN)** **Berkeley, CA**

University of California, Berkeley

**2000-2002 University of California, Berkeley** **Berkeley, CA**

*Master's in Public Health Nutrition (MPH)*

) Cumulative GPA - 3.8/4.0

**1997-2000 Cornell University** **Ithaca, NY**

*B.S. in Nutritional Sciences*

) Cumulative GPA - 3.7/4.0

## CERTIFICATIONS/TRAININGS

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**2020 & 2022 Project ECHO—EDS HCW & Clinicians Training** **EDS Society**

**12/2010 Certified Health and Wellness Coach** **Wellcoaches, Inc.**

**2004-2018 Certified Lactation Counselor (CLC)** **Center for Breastfeeding**

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**SPEAKING ENGAGEMENT/MEDIA HIGHLIGHTS**

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Nov 2021	Hypermobility: Commonly Missed	2021 Digestive Nutr. Series
Mar 2021	Digestion, Nutrition, EDS & HSD	Metro DC EDS Support Group
2020	COT in Gluten related disorders	Academy of Nutr. & Dietetics
	<i>Author of 2 webinars for AND's Certificate of Training for RDNs</i>	
2011-2018	Webinars on a gluten-free diet (3X/yearly)	Dietitian Central.com
	<i>Celiac Disease: What every RD should know, Gluten-Free &amp; Healthy, Gluten-Free Vegetarian</i>	
Sept 2017	Mindful eating—Research & Practice	Villanova University
Dec 2015	Beat Holiday Stress-quoted	Washington Post
Nov 2013	Mindful Eating & Diabetes	MD Association of Diabetes Educators
May 2013	Mission Possible: A Balanced Diet with Food Allergies	FARE
2011/12	Quoted/featured in monthly articles	Washingtonian Health Blog
10/08/11	Gluten-free-Is it for everyone?	Washington Post
4/4/11	Virginia Dietetics Association Annual Meeting	Fairfax, VA
	<i>"Maximizing Nutrition on a Gluten-free Diet"</i>	
6/29/10	FDA Panel	Silver Spring, MD
	<i>The Effect of Celiac Disease on Medications and Other Treatments</i>	
6/12/08	Institute of Medicine/National Academies	Washington, DC
	<i>Implications of Weight Gain for Pregnancy Outcomes: Issues and Evidence</i>	

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**PUBLISHED ARTICLES/RESOURCES**

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Sept 2022	COVID & POTS Nutrition	JAND
Dec 2021	Histamine Intolerance CEU	Today's Dietitian
Aug 2018	Gluten Free & Vegetarian Diets	VN DPG Newsletter
Dec 2017	Prebiotics: Nourishing a Healthy Microbiome	Today's Dietitian
June 2017	SCD for Inflammatory Bowel Disease	Today's Dietitian
2011-2018	Courses for RDNs on Nutrition topics	Dietitian Central
May 2014	Treating BED with Mindful Techniques	BHN DPG Newsletter
March 2013	Mindful Eating	Today's Dietitian
2013	Growing up Gluten-Free	Today's Dietitian
Oct 2010	Great Gluten-Free Grains	Medical Nutrition DPG Newsletter
2010-2011	Celiac Disease & Gluten-Free Diet Video Project	McLean, VA
Nov 2010	Two of a Kind: Celiac and Thyroid Disease	Today's Dietitian

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**HONORS & RECOGNITION**

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2021	Spotlighted by VA Academy of Dietetics	November Newsletter
2014	Best Nutritionists in the DC Metro Area	Washingtonian Mag
2013-2018	Advisory Board Member, Simply Gluten-Free Magazine	
2012	Awarded "Emerging Dietetic Leader of the Year" for Virginia	
2012-13	Elected to the Celiac Sprue Association Board	
2004	Department of Health Leadership Award	Washington, DC
2002	Public Health Traineeship	Berkeley, CA