

# California State University, Sacramento

Dietetic Interns

2022-2023



**SACRAMENTO  
STATE**



**CYNTHIA  
ALVAREZ**  
*she/her*

Cynthia Alvarez is a graduate from University of California, Davis where she received a bachelor of science degree in clinical nutrition. Her passion for nutrition started at a young age when she worked on her parent's organic farm and sold local produce and honey at farmers markets. Her family has been actively involved in sustainable farming and local beekeeping, which has inspired her to become passionate in understanding the connection between food and health.

She has been involved in many organizations including Slow Food Sonoma County North, California Academy of Nutrition and Dietetics (CAND) Northern Area District, UC Davis Student Nutrition Association, and Academy of Nutrition and Dietetics' Hunger and Environmental Nutrition. Cynthia is currently the webinar chair for the CAND Northern Area District. She has been on the dean's honor roll at UC Davis and at Santa Rosa Junior College and has been a part of honor societies such as the National Society of Leadership and Success and Phi Theta Kappa.

Cynthia was the board secretary for the Santa Rosa Original Certified Farmers Market where she helped create farm-to-table events to generate extra revenue. While at UC Davis, she interned with Cal Fresh Healthy Living where she created handouts for Plan, Shop, Save, & Cook school lesson plans and evaluated menu plans. She also interned for the Farmers Market Promotion Program with the UC Cooperative Extension, Agriculture and Natural Resources, where she gained research skills in analyzing data, coding, identifying focus groups, and understanding the relationship between healthy food choices and socioeconomic barriers. Additionally, she was a student lifestyle coach with the CDC-recognized Diabetes Prevention Program.

Cynthia's desire is to start a private practice, work in nutrition and agriculture, community, or clinical nutrition. Her goal is to one day work for USDA in establishing food and nutrition related policy and in food system development.



**SHERRY  
DINH**  
*she/her*

Sherry is a recent graduate from San Diego State University in the class of 2022 and received her Bachelors of Science in food and nutrition. She transferred from Cal State Fullerton and had initially majored in business before switching. During her three years at San Diego State, she enjoyed exploring the city by visiting the beaches and scenic sites to enjoy the view of the sunset and tried the many cuisines the city had to offer. In SDSU, Sherry participated in the Student Nutrition Organization, volunteered with peers to create a monthly newsletter for WIC, participated in a research project that observed the effects of UV light of hydroponically grown mustard greens and worked as a dietary aide as well as Target. Exposure to many environments has guided her current interest in sustainability, clinical nutrition, and access to food among populations. In her free time she enjoys doing crafts, exercising, shopping, and watching shows. Sherry is excited to apply the knowledge she has learned and continue to learn more. After the internship, she hopes to become a clinical dietitian or work in an outpatient clinic.



**ANGELA  
FENG**  
*she/her*

Angela graduated from University of California, Davis in 2022 with her B.S. in Clinical Nutrition. During her time as an Aggie, Angela made most of her time taking on opportunities in a variety of nutrition-related fields. Her interest in dietetics started when she got heavily involved in her miniature poodle's diabetes diagnosis. It made her value the impact nutrition has a role in disease prevention and management. Angela gained valuable experience as a Diabetes Prevention Program intern at UC Davis where she led a weekly cohort promoting positive and sustainable nutrition and lifestyle changes. She learned the importance of asking open-ended questions and how effective motivational counseling can be. Angela also held positions as a Healthy Aggies and Sports Nutrition intern where she developed nutrition education content for students and athletes. She also strengthened her leadership skills as a Treasurer for the Student Nutrition Association at UC Davis, where she managed the club's budget and created fundraisers to increase member participation. Angela is excited to take on the journey as a dietetic intern at Sacramento State University to connect and learn from healthcare professionals and patients. She looks forward to accomplishing her dreams of becoming a registered dietitian. During her free time, Angela loves to listen to music, play tennis, and enjoy photography.



**JANELLE  
GAINES**  
*she/her*

Janelle Gaines is a recent graduate of California State University, Sacramento, graduating Cum Laude with a B.S. in Food and Nutrition with a Dietetic Emphasis. While at Sacramento State University, she found love in serving within the community. She has interned or volunteered with California State WIC, Food Literacy Center, Fairfield WIC clinic, and the Food Bank of Contra Costa and Solano. Born and raised in Fairfield, California, she aspires to begin her career as a registered dietitian in the Napa/Solano County area, where she can use her education to help members of her community lead healthier lives. After her internship, she hopes to pursue her professional goals of becoming a Certified Diabetes Care & Education Specialist and assisting within her community to reduce maternal and infant health disparities.

Janelle is an employee of Kaiser Permanente and utilizes opportunities afforded by her employer to continue her education. As a parent of three children, she uses her flexibility and resourcefulness to maintain her work, school, and home life successfully. Her hobbies, which include baking, traveling, hiking, and working out at her local gym, are also vital to her well-being and keep her grounded.



**PEDRO  
GUZMAN**  
*he/him*

Pedro Guzman received his dual master's degree in Exercise Physiology and Nutritional Sciences from San Diego State University. During his time at SDSU he immersed himself in different areas of nutrition; he was part of the Sports Nutrition Cooperative where he and his peers developed and presented pertinent nutrition topics to the adapted and Division 1 athletes on campus. He was part of a WIC Wellness Newsletter that assisted with disseminating a monthly e-newsletter to all the WIC agencies in California with topics consisting of nutrition and overall well-being. Pedro was also a graduate research assistant who helped collect qualitative data for Hispanic/Latino caregivers experiencing food insecurity in the San Diego County area. Although Pedro has always had a passion for learning and involving himself in multiple facets of nutrition, his primary focus is to assist the community. After completing his dietetic internship, he hopes to become an RD for WIC. Apart from assisting the community he also has a goal to start a nonprofit for people experiencing homelessness which would entail helping them have easier access to food. In his spare time, Pedro enjoys working out at the gym, traveling, playing sports such as soccer and basketball, trying different foods, and being a French bulldog dad. Pedro is elated to garner more hands-on experience in multiple aspects of nutrition and working alongside other passionate professionals.



**MICHELLE  
LEE**  
*she/her*

Michelle Lee received her Master of Public Health from UC Berkeley in 2022 with a focus on Public Health Nutrition. Her interest in dietetics began during her undergraduate years as she began to learn about the complex interactions between food, the environment, and an individual's nutritional status. After graduating from UC Davis in 2018 with a degree in Nutritional Biology, Michelle worked at a food bank in Santa Cruz County for two years as an outreach specialist and as a diet technician at an eating disorder recovery center. She saw the impact that poverty, food insecurity, and structural inequities had on people's food choices, particularly during the COVID-19 pandemic, and decided that she wanted to work to inform policies that grant individuals and communities the access to the foods they need and want in order to thrive.

During her time at Berkeley, she worked as a graduate student instructor in a course designed to teach food insecure students basic cooking and budgeting skills. She was a Maternal and Child Nutrition Trainee within her program and worked with her school's Basic Needs Center to analyze food pantry usage data and conduct evaluations on program services. She also worked with Nourish California, a statewide policy advocacy organization, on developing recommendations to improve access to food assistance programs for families with newborn infants and young children. As a dietitian, Michelle hopes to integrate people's lived experiences and cultural, social, and personal values at the center of comprehensive care, as well as address any structural barriers that may make it difficult to idealize their well-being, particularly in access to food and other basic resources. In her free time, Michelle likes to go on walks, hike, climb, cry over dogs in the park, and spend time in a garden.



**JAYDEN  
MONTEJANO**  
*she/her*

A double alumni from San Diego State University, Jayden holds a Dual Masters in Exercise Physiology and Nutrition (2022), and her Bachelors in Nutrition and Food Sciences (2020). She spent her time at SDSU as the lead sports nutrition educator in the Sports Nutrition Cooperative. In this role, she provided nutrition for performance education sessions and counseling with the division 1 athletes and adapted athletes. Not only has she worked with division 1 athletes, but also Olympians at the US Olympic Training Center in Chula Vista, CA under the sports dietitians where she created meal plans, monthly nutrition spotlight emails, and organized menus. Jayden also has a passion for public health where she was a graduate assistant at SDSU's Well-being and Health Promotion Center under the campus dietitian and collaborated with the other health education departments. Jayden is familiar with leadership roles and continues to deepen her skills as an effective communicator, teammate, and collaborator while also bringing high energy to her environment. She uses her soft skills of empathy and support to foster relationships with her personal training and nutrition clients from her small business, encouraging them to build healthy habits and approach preventative health with gentle nutrition. In her spare time, she loves playing soccer and has played semi-professionally for the local WPSL California Storm (2016) and San Diego Sea Lions/Strikers (2017-2022). Jayden grew up locally in Colusa and has a passion for floral design which blossomed from her family's flower shop, Richie's Florist, and enjoys spending time designing when visiting home. Jayden aspires to become a lecturer at Sac State to help guide the future waves of dietetic students and establish her own gym and private practice as an RD in the Sacramento area.



**REGINA  
REINA**  
*she/her*

Regina Reina was born and raised in the Philippines and moved to Sacramento, California with her family at 9 years old. She received her Bachelor of Arts in Global Studies from UC Riverside in 2014. In her third year, she studied abroad in Paris, France where her appreciation for other cultures, wine, and cheese broadened.

After college, she joined AmeriCorps for two years where she helped run after-school programs in low-income communities throughout San Jose, CA. She tutored elementary school children and taught enrichment lessons, including nutrition. Regina was passionate about nutrition and cooking ever since she started living on her own in college, yet did not realize she could teach and share this passion with others until then.

From there she decided to pursue a career as a registered dietitian and completed her Master of Science in Nutrition at San Jose State University. While studying, she interned with a local organic farm in Sacramento and volunteered at the Midtown farmers' market as a CalFresh liaison. In grad school, Regina learned that Filipino Americans are disproportionately affected by health conditions such as diabetes and hypertension. She completed her master thesis on the Filipino American diet to better understand the prevalence of these food-related chronic conditions. As an intern, she hopes to gain the skills and knowledge to become a better advocate for the Filipino community and other BIPOC populations.

In her free time, Regina enjoys cooking new recipes with her friends, listening to true crime podcasts, and hiking with her boyfriend and two pit bulls.



**GIUDITTA  
TRAVER**  
*she/her*

Giuditta Traver is a graduate of California Polytechnic State University, San Luis Obispo and earned a Bachelor of Science degree in Applied Nutrition in 2018. While she was a student there, she volunteered at the Santa Maria WIC clinics, shadowing appointments and teaching 1-1 lessons. She also interned alongside the RD Menu Planner/Training Supervisor at Oakland Unified School District, testing new recipes and compiling allergen and ingredients-of-concern lists, as well as assisting in training staff in food safety and preparation of new recipes. In addition, she worked as a Diet Aide at a local community hospital, taking patient orders, and building & delivering meal trays. After graduating, she became a Dietetic Technician, Registered and returned to the SF Bay Area and worked for three years at Newark Unified School District as a Food Service Supervisor, overseeing the high school cafeteria operations and enforcing the requirements of the Healthy Hunger Free Kids Act of 2010 along with learning management skills. She led her staff through the COVID-19 pandemic and all of the changes that ensued as a result of new safety precautions and school closures. Most recently, Giuditta and her two-year-old daughter lived in Reno, NV while she worked as the Supervisor of Food and Nutrition Services at a rehabilitation hospital. Giuditta set her sights on becoming an RD at age 12 and has never looked back. After she gains certification, she wants to return to school nutrition services in an underserved district and help bring more healthful, creative, and appealing options to students. In her free time, Giuditta enjoys going on walks, scratch cooking, decorating her planner, and caring for her daughter. Giuditta can't wait to learn from the internship with Sacramento State and bring her passion and expanded expertise to the field of dietetics.



**CARRIE  
ZERFAS**  
*she/her*

Carrie Zervas graduated Magna Cum Laude from California State University, Sacramento in 2022 with a Bachelor of Science in Nutrition and Food with a concentration in Dietetics. While attending Sacramento, State Carrie interned with Meals on Wheels by ACC and wrote several nutrition-related education articles, and created participation satisfaction surveys. She spent time assisting at Placer Food Bank. She also took advantage of several job opportunities in the nutrition field. She worked as a Diet Aide at an assisted living facility, a Substitute Cafeteria Assistant for the Roseville Joint Unified High School District, and has continued on as a Dietary Assistant at Mercy San Juan Medical Center.

Her interest in nutrition began when she was diagnosed with type 1 diabetes and later with celiac disease. In addition, her son struggled with gastrointestinal issues since infancy. These changed her outlook on food and spurred her desire to find recipes that offered the best nutrition within those constraints. She found herself delving deeper into science and nutrition, eventually leading her on the path of dietetics.

Carrie intends on gaining experience in a clinical setting before moving on to her primary interests: health promotion in school nutrition and diabetes prevention/nutrition. Her eventual goal is to be a Certified Diabetes Educator. She looks forward to the new experiences this internship will bring.