

California State University, Sacramento

Dietetic Internship Faculty
2021-2022



SACRAMENTO STATE

NADINE BRAUNSTEIN, PHD, RD, FAND
Director



Nadine Braunstein, PhD, RD, FAND has been the Dietetic Internship (DI) Director and faculty member at Sacramento State since August 2017, and served as the DI Director at UMass Amherst from 2005-2009. She earned her PhD from Boston University School of Medicine, Master's degree from the MGH Institute of Health Professions (MA) and Bachelor's degree from Drexel University (PA). Braunstein was a 2013-14 Robert Wood Johnson Foundation Health Policy Fellow where she served in the office of a US Senator and supported the 2015 US Dietary Guidelines Advisory Committee. She received the 2020 Outstanding Dietetic Educator of the Year Award from the Western region NDEP group of the Academy of Nutrition and Dietetics. Nadine serves on the policy panel for the California Academy of Nutrition and Dietetics (CAND), as Policy Co-Chair for the CAND Northern Area District and on the board of Slow Food Sacramento.

SARA SHOWALTER, RD
Coordinator



Sara Showalter, RD has been a Registered Dietitian Nutritionist for 14 years with a career focus on Long Term and Skilled Nursing Care. An alumna of Sacramento State University's Dietetic Program, she went on to complete her internship at Keene State College, New Hampshire. She holds a Certificate of Training in Adult Weight Management and utilizes her position as a Clinical Dietitian to promote continuity of care and nutrition education to a diverse patient population.

KELLIE ARITA, RD
Coordinator



Kellie Arita, RD completed her dietetic internship through Sacramento State in 2020. She graduated from San Diego State University with a Bachelor of Science degree in Foods and Nutrition and was active as a peer health educator, board member for their Student Nutrition Organization, volunteer for a food recovery organization, and social media and marketing assistant for a Los Angeles-based dietitian. She currently holds a position as Website Co-Chair for the California Academy of Nutrition and Dietetics' Northern Area District. Kellie hopes to make strides toward breaking down barriers in dietetics and explore new avenues in the world of food and nutrition.