

# California State University, Sacramento

Dietetic Interns  
2025-2026



**SACRAMENTO  
STATE**

**MACEY  
BRIONES**  
*she/her*



In 2024, Macey graduated summa cum laude from California State University, Sacramento, receiving a Bachelor of Science in Nutrition and Food with a concentration in dietetics. Returning to CSU, Sacramento as an MS/DI student, her pursuit of becoming a registered dietitian continues. During her time as a student, Macey has gained a variety of relevant volunteer and work experience, including the California Department of Public Health WIC program; Health Education Council; CalFresh Healthy Living; Sacramento State Student Health, Counseling, and Wellness Services; and Sacramento State Nutrition and Food Department. Through these experiences, Macey developed a passion for helping improve access to nutrition education and resources. Having experienced the benefits of cooking with regard to maintaining a healthy lifestyle, Macey's master's thesis focuses on identifying factors which impact students' cooking skills as well as which cooking skills students are most interested in learning. In her career, Macey aspires to continue learning and growing in nutrition settings so she can provide individuals with effective support.

**KIMBERLY  
CERVANTES**  
*she/her*



I earned my Bachelor of Science in Clinical Nutrition from the University of California, Davis and am currently completing my Master of Science in Nutrition through the Sacramento State MS/DI program. I was born and raised in California's Central Valley and am proud to be a bilingual member of the Hispanic community. My passion for dietetics began with the realization that Hispanic families often lack access to culturally appropriate nutrition support across all stages of life. As a future registered dietitian, I hope to close that gap by providing accessible, inclusive care that empowers families to make informed nutrition choices.

During my graduate studies, I focused on infant nutrition among rural WIC participants. My research explored how feeding practices in the first year of life, such as breastfeeding or formula feeding, influence infant weight gain, and how maternal factors such as education, health conditions, and lifestyle may shape feeding decisions.

I believe that early life nutrition creates a foundation for long term health. I am especially passionate about supporting families during this critical stage, whether through public health programs like WIC or in clinical settings such as neonatal intensive care units. These environments offer unique opportunities to impact lifelong health outcomes starting from day one.

As I move forward in my career, I am committed to delivering evidence based, compassionate care that respects cultural values and meets the needs of underserved communities. Whether in the clinic or the community, I strive to be an advocate for health equity and a trusted resource for families navigating nutrition from infancy and beyond.



**MARINA  
CONTRERAS**  
*she/her*



Marina Contreras is a graduate student in the Master of Science in Nutrition and Food program and Dietetic Internship at California State University, Sacramento. She earned a Bachelor of Science in Clinical Nutrition and a Bachelor of Arts in Chicana/Chicano Studies from the University of California, Davis. She grew up in Calexico, California, a border town neighboring Mexicali, Baja California, Mexico. Her lived experience in a predominantly Latino/a community has fueled her passion for learning about and providing culturally relevant and accessible nutrition education.

Marina has worked as a Diabetes Health Educator and Food and Wellness Education Coordinator at Federally Qualified Health Centers in Yolo County, where she provided bilingual nutrition education through individual appointments and group sessions. She is especially interested in diabetes management education and in making nutrition more accessible and inclusive for all communities.

She is working towards becoming a Registered Dietitian and plans to continue working in community-based clinical settings that serve underserved populations. She hopes to help address health disparities through bilingual education, inclusive practices, and patient-centered care. Outside of academics and work, Marina does freelance photography, enjoys cooking, practices hot yoga, and takes walks with her dog. She also explores content creation and is learning to roller skate.

**ALEX  
DEMERS**  
*she/her*



My name is Alexandra (Alex) Demers, and I'm a proud graduate of Sacramento State with a degree in Food, Nutrition, and Dietetics. My love for food and nutrition started in childhood, growing up alongside my grandmother, who introduced me to cooking as both a creative outlet and a way to care for others. I was the kid immersed in the Food Network, always eager to try something new in the kitchen. Today, that passion has grown into a lifestyle that includes cooking from scratch, raising my children with a focus on nutrition, and turning both my front and backyard into a full vegetable garden.

Professionally, I've had the opportunity to work as a diet technician at a residential eating disorder facility, where I gained hands-on experience with counseling and supporting individuals in their most vulnerable moments. I also interned with Communicare+OLE, a low-resource clinic, where I assisted in tending the garden for patients with diabetes through their "Food is Medicine" program. These experiences opened my eyes to the power of nutrition in both prevention and healing.

I'm especially passionate about school nutrition, maternal health, and diabetes care. Touring central kitchens and seeing what's possible in school food service inspired my long-term goal: to become a Nutrition Specialist for a school district. I believe that food in schools can be a powerful public health tool, and I want to be part of that transformation.

I'm a curious and compassionate person, driven by a desire to educate and empower others. I view dietetics as a means to bridge the gap between science and real life, serving as a translator of public health in ways that are accessible, culturally relevant, and grounded in care. I'm excited to grow through this internship and make meaningful contributions to the field.



**HOUA  
LO**

she/her



Hi, my name is Houa Lo. I earned my Bachelor of Science in Food and Nutrition with a concentration in Dietetics from California State University, Sacramento (CSUS) in the spring of 2024. I'm currently continuing my education at CSUS, working toward my Master of Science degree with the goal of becoming a Registered Dietitian. My interest in nutrition began in my early 20s when I was hired as a Community Education Specialist for the Expanded Food and Nutrition Education Program (EFNEP) in San Joaquin County. I helped pilot a nutrition curriculum specifically tailored for the Hmong community, and that experience sparked a lifelong passion for nutrition education and public health. I now have over 15 years of experience in community nutrition education, working with diverse and underserved populations. I am bilingual in Hmong and English, which has helped me build strong relationships within the communities I serve. Outside of school, I enjoy budgeting, playing with my daughter, going for walks, spending time with family and friends, and exploring new places.

**JAZMIN  
MICKENS**

she/her



My name is Jazmin Mickens, and I am currently a second-year MS/DI student at Sacramento State University. After receiving my undergraduate degree in Nutrition from San Jose State University, I was excited to move closer to my home in Solano County to continue my education at the amazing program at Sacramento State.

My passion for nutrition stems from witnessing the transformative impact that proper nutrition can have on individuals and communities. As a proud member of the Black community, I am committed to increasing Black representation among nutrition professionals and addressing the health disparities that disproportionately affect my community. Currently, I am conducting thesis research on "Adapting Plant Forward Diets for the Prevention of CKD in the Black Community," which directly aligns with my goal of developing culturally relevant, accessible nutrition strategies for chronic disease prevention. Through my education and future career, I aim to improve health outcomes within the Black community through increased nutrition education and awareness.

My extensive experience working and volunteering in Public Health Nutrition has deepened my understanding of community-based approaches to wellness. This work has been incredibly fulfilling and has shaped my career aspirations in public health nutrition. Beyond my academic and professional pursuits, I am passionate about travel and exploring diverse cultures, which has broadened my perspective on global food systems and traditional dietary practices. I also enjoy cooking and crafting, particularly crochet, which provides creative balance to my academic work. Through my continued education and research, I am committed to becoming a nutrition professional who can effectively serve my community while contributing to the growing diversity within our field.



**CAMELIA  
NUTE**  
*she/her*



My name is Camelia Nute, and I am a current graduate student and dietetic intern at California State University, Sacramento. I am originally from Southern California where I obtained my bachelor's in nutrition and dietetics at California State Long Beach in 2023. During my undergraduate years, I have had the privilege to immerse myself in many branches of nutrition, including food service in a clinical setting, mental health, and in a leadership position at an eating disorder facility. I currently have a position as a nutrition coordinator and educator at a local Sacramento high school in their agricultural program teaching farm to fork practices, cooking, and sustainability. Growing up in a culture obsessed with diet culture and seeing the effects of it in my work experience has led me to desire change in our current health policies, to see reform in public health promotion from an obsession with the number on the scale to lifestyle changes that will take weight bias out of the equation. As an MS/DI student, I am currently researching nutrition misinformation on social and how it can impact dietary intentions and lead to disordered dietary behaviors. In my free time, I love to shop, try new foods, and take photos, preferably, in different countries.

**MONZERRATH  
RAMOS GONZALEZ**  
*she/her*



Monzerrath (Monze) Ramos Gonzalez received her B.S. in Clinical Nutrition and a minor in Psychology from UC Davis in 2024. While there is no specific moment that sparked her interest in nutrition, she largely attributes it to her own experiences with food assistance programs and her family's emphasis on the importance of nutrition for health. Within the nutrition field, she is passionate about providing culturally humble nutrition services, working with underserved communities, and increasing access to food through food assistance programs. Her interest in these areas of nutrition were largely shaped by her experiences at UC Davis where she worked as a medical volunteer at a rural student-run clinic and learned more about food assistance programs as a research assistant. Her time at Sac State as a CalFresh Healthy Living student assistant has also reaffirmed her passion for these areas of nutrition. As part of the MS/DI program at Sac State, Monze is working to understand the experiences of students from mixed status families with both food insecurity and CalFresh. Outside of school and work, Monze enjoys running with her sisters, baking lots of sweets, learning new recipes from other cultures, gardening, and enjoying the outdoors in any way possible.



**MATTY  
TRAN**  
he/him



Matty Tran is a Nutrition and Dietetics Technician, Registered (NDTR) and graduated from California State University, Chico with his bachelor's degree in General Dietetics. Matty has customer service as well as clinical experience working at a Skilled Nursing Facility, Pine Ridge Terrace previously named Arbol Residences Assisted Senior Living in Santa Rosa, California. He has worked as a Server, Prep Cook, Dietary Aid, Dietary Technician, and Dietary Supervisor. Matty Tran is currently enrolled in the combined Masters and Dietetic Internship program (MSDI) at the California State University, Sacramento in the Department of Food, Nutrition & Dietetics. He is recognized for his ability to collaborate well with other interdisciplinary team members during patient care, managing staff members under his supervision, efficiently handling patient feedback to adjust for improved patient satisfaction, executing quick patient assessments, and input necessary documentation into records for other team members in a swift and timely manner. Driven with a passion to give the best care to all patients that seek aid, Matty thrives on close and personal interactions with patients and family members in order to provide the most effective care tailored to each individual. Outside of work, Matty enjoys exploring the outdoors by going on hiking trails, drawing or painting his favorite spots during his hikes, and trying out new restaurants outside and within the local area. To learn more about Matty's work and connect please view linkedin profile: [linkedin.com/in/mattytran](https://www.linkedin.com/in/mattytran).

