

Natalie Holzhauer, MS, RDN, LDN

San Antonio, TX | 815-566-7180 | natalierodakowski@gmail.com

Education & Credentials

EASTERN ILLINOIS UNIVERSITY

Master of Science (MS) in Dietetics, *with distinction*

2011

Bachelor of Science (BS) in Family and Consumer Sciences (FCS), Dietetics Option

2009

Nutrition Education Specialist

2011

LICENSES AND CERTIFICATIONS

Registered Dietitian Nutritionist (RDN)

Valid through 08/2028

Quality Matters Training (Applying the QM Rubric)

2023

National Diabetes Prevention Program Lifestyle Coach

2022

Certificate of Training in Food Allergies

2019

Certificate of Training in Nutrition Counseling

2016

Certificate of Training in Adult Weight Management

2013

NORTH CAROLINA BOARD OF DIETETICS/NUTRITION

Licensed Dietitian Nutritionist: L005628

Valid through 3/2028

TEXAS DEPARTMENT OF LICENSING AND REGULATION

Licensed Dietitian: DT87721

Valid through 4/2028

Experience

210 NUTRITION COACHING – Remote

2026 - Present

Owner/Registered Dietitian

- Provide personalized one-on-one nutrition counseling in-person and virtually, supporting clients in achieving health and wellness goals.
- Develop individualized meal plans, lifestyle strategies, and behavior change guidance based on client needs and preferences.
- Conduct educational presentations, workshops, and webinars for groups on nutrition, wellness, and disease prevention topics.
- Track client progress and outcomes, adjusting strategies to optimize results and maintain accountability.

PURDUE ONLINE GLOBAL – Remote

2023 - Present

Adjunct Nutrition Instructor

- Teach Nutrition for the Human Lifecycle Monday nights online.

UTSA – Remote

2026 - Present

Adjunct Nutrition Instructor

- Teach Introduction to Nutritional Sciences asynchronously.

BLUE CROSS BLUE SHIELD TX – San Antonio, TX

2022 - 2026

Wellness Coordinator/Nutrition Coach

- Create structured curriculums designed to engage City of San Antonio employees in health.
- Conduct one-on-one counseling in-person, virtually and around the City of San Antonio to improve health outcomes.
- Provide webinars and presentations on a variety of wellness related topics.
- Work closely with COSA health and wellness team in meeting the organization's health management.
- Build and maintain programs through marketing efforts and presence for on campus health related events.
- Create monthly employee wellness initiatives.

Natalie Holzhauer, MS, RDN, LDN

Page 2 | 815-566-7180 | natalierodakowski@gmail.com

Experience

PLATEJOY/RED VENTURES - Fort Mill, SC - Remote
Registered Dietitian Nutritionist

2021 – 2022

- Provide one-on-one asynchronous counseling to patients in a Diabetes Prevention Program.
- Assist in product development of app features to help users track diet and lose weight.
- Developed a beta testing Health Coaching Program with a team of Registered Dietitians.
- Provide one-on-one virtual counseling for PlateJoy users in our beta Health Coaching Program.
- Collect and analyze data to better meet the needs to PlateJoy users.
- Conduct medical reviews for Healthline articles related to nutrition.

UNC-CHARLOTTE – Charlotte, NC
Campus Dietitian

2019 – 2021

- Provide one-on-one counseling to students on campus with food allergies and dietary restrictions.
- Develop and execute bi-weekly teaching kitchen/cooking demos to students.
- Review dining hall menus each semester to ensure adequacy, consistency and variety.
- Work in partnership with campus Chefs to develop new programs and culinary ideas to the dining halls.
- Properly label foods in the dining halls that are common food allergies, gluten containing, vegan, and vegetarian.
- Collaborate daily with sustainability specialist to improve sustainability all over campus.
- Market events and provide education via social media.
- Provide food allergy training to all managers and associates.
- Create monthly employee wellness initiatives.

TRANSCEND NUTRITION COUNSELING – Charlotte, NC
Part-Time Workplace Nutrition Counselor

2018 --2019

- Provide one-on-one nutrition counseling onsite to corporations in the Charlotte area.
- Offer group sessions and lunch and learns on various nutrition topics.
- Manage 5 accounts which totals approximately 150 clients that are counseled bi-weekly or monthly.
- Develop meal plans for clients upon request.
- Incorporate motivational interviewing and SMART goals into counseling sessions.
- Precepted dietetic interns to meet competencies.

CEDAR CREST COLLEGE – Allentown, PA
Dietetic Internship Coordinator

2017 – 2018

- Manage, mentor, educate, and assess 100+ preceptors and 28 interns during a 31-week distance or onsite internship.
- Grade interns' assignments during their 4 rotations (Clinical, Foodservice, Community, and Diabetes).
- Virtually instruct preceptors who are professional Registered Dietitians on the responsibilities of being a preceptor.
- Cultivate professional contacts in the local area to identify and secure locations where interns can complete rotations which has resulted in 7 new sites.
- Direct public relations and recruitment efforts through marketing for potential students by attending fairs and developing marketing materials.
- Maintain program accreditation with ACEND (Accreditation Council for Education in Nutrition and Dietetics) by adjusting our requirements to meet ACEND policies.
- Conduct interviews and score DI student applications to determine which interns will be ranked accordingly.
- Manage Nutrition Department's social media account's targeting potential students and current students.

Natalie Holzhauer, MS, RDN, LDN

Page 3 | 815-566-7180 | natalierodakowski@gmail.com

Experience

ROCK VALLEY COLLEGE – Rockford, IL
Tenured Nutrition & Health Instructor

2014 – *Present

- Developed curricula and instructed multiple online, face-to-face, and hybrid format courses in the Fitness, Wellness, Sports department.
- Reviewed 6 nutrition textbooks, met with publishing reps, and learned their specific LMS to determine the best textbook to use for our basic nutrition course which resulted in a significant revamp in our nutrition course.
- Provided one-on-one nutritional counseling to employees, athletes, and students on a volunteer basis.
- Co-founded and led the “Wellness Warriors” employee wellness support group after identifying a lack of health resources available to employees. This group met every Monday and consisted of challenges, community speakers, and food demonstrations. This program started with 8 employees and grew to 20 in 6 months.
- Managed department’s Facebook account to promote students and to market department events.
- Planned programs and events related to National Nutrition Month that included professional presenters as well as health promotion initiatives throughout the campus. This resulted in 200+ students, employees, and community members attending these events yearly.
- *Continue to adjunct online courses when needed.

EASTERN ILLINOIS UNIVERSITY – Charleston, IL
Family and Consumer Sciences Instructor

2011 – 2014

- Developed curricula and instructed multiple online, face-to-face, and hybrid format courses in the Family and Consumer Sciences department.
- Balanced instructional role with clinical obligations by serving on the Eating Disorder Treatment Team which provided weekly counseling to students and meeting with the treatment team bi-weekly. Total patient count grew from 5 students to 25 in one semester.

ST. ANTHONY MEMORIAL HOSPITAL – Effingham, IL
Dietetic Intern

2010 – 2011

- Assessed patient’s nutritional needs and offered nutritional recommendations for patients of all disease states at a 133-bed facility.
- Participated in interdisciplinary team meeting and educated patients on diets requested by physicians.
- Coordinated food service management, including purchasing, menu development / menu planning, and inventory management for a total population of 750 employees and patients.
- Conducted interviews to hire food Service staff on an as needed basis.
- Provided nutrition education and cooking demonstrations for diabetes community nutrition programs.
- Created and managed a hospital employee walking program to promote physical activity with 240 participants.

Natalie Holzhauer, MS, RDN, LDN

Page 4 | 815-566-7180 | natalierodakowski@gmail.com

Professional Service

ACADEMY OF NUTRITION AND DIETETICS, NUTRITION EDUCATORS OF HEALTH PROFESSIONALS DIETARY PRACTICE GROUP (DPG) Nominating Committee Chair-Elect	2017 – 2020
NORTHERN ILLINOIS ACADEMY OF NUTRITION AND DIETETICS – Rockford, IL President Elect	2016 – 2017
NORTHERN ILLINOIS ACADEMY OF NUTRITION AND DIETETICS – Rockford, IL Nominating Committee	2015 – 2016
EASTERN ILLINOIS DIETETIC ASSOCIATION –Champaign, IL President	2013 – 2014
ILLINOIS ALLIANCE TO PREVENT OBESITY – Chicago, IL Co-Chair, Workgroup on Worksite Wellness and Institutional Nutrition	2012 – 2013
EASTERN ILLINOIS UNIVERSITY – Charleston, IL Vice-President, Student Dietetic Association	2009 – 2010

Affiliations & Memberships

ACADEMY OF NUTRITION AND DIETETICS (AND)	2009 – Present
NUTRITION AND DIETETIC EDUCATORS AND PRECEPTORS (NDEP)	2018 – Present
NUTRITION EDUCATORS OF HEALTH PROFESSIONALS (NEHP)	2018 - Present
PENNSYLVANIA NUTRITION EDUCATION NETWORK (PA-NEN)	2017 – 2019
PENNSYLVANIA ACADEMY OF NUTRITION AND DIETETICS (PAND)	2017 – 2019
LEHIGH VALLEY DIETETIC ASSOCIATION (LVDA)	2017 – 2019
NORTHERN ILLINOIS ACADEMY OF NUTRITION AND DIETETICS (NIAND)	2015 – 2017
NORTHWEST ILLINOIS AHEC ADVISORY BOARD (AHEC)	2013 – 2017
ILLINOIS ACADEMY OF NUTRITION AND DIETETICS (IAND)	2009 – 2017
SPORTS, CARDIOVASCULAR AND WELLNESS NUTRITIONISTS (SCAN)	2009 – 2017
EASTERN ILLINOIS DIETETIC ASSOCIATION (EIDA)	2009 – 2015
SAUK VALLEY COMMUNITY COLLEGE WELLNESS TEAM	2013 – 2014
PARTNERSHIP FOR A HEALTHY LEE COUNTY	2013 – 2014

Natalie Holzhauer, MS, RDN, LDN

Page 5 | 815-566-7180 | natalierodakowski@gmail.com

Community Service

LEE COUNTY HEALTH DEPARTMENT – Dixon, IL Volunteer, Camp DREAM (Type 1 Diabetes Camp)	2016
LAKELAND COMMUNITY COLLEGE SOFTBALL TEAM – Mattoon, IL Sports Nutrition Counselor	2012 – 2013
MATTOON AREA FAMILY YMCA – Mattoon, IL Girls on the Run Coach	2012
EASTERN ILLINOIS UNIVERSITY – Charleston, IL Relay for Life Team Leader	2010
EASTERN ILLINOIS UNIVERSITY – Charleston, IL Family and Consumer Sciences Educator (Illinois State Fair)	2008

Grants, Honors, And Awards

ROCK VALLEY COLLEGE – Rockford, IL Rock Valley College Foundation Grant	2015
EASTERN ILLINOIS UNIVERSITY – Charleston, IL Kappa Omicron Nu Chapter	2007 – 2010
Carolyn Kluesner Modglin Graduate Scholarship	2010
McNabb-Dow Graduate Scholarship	2009
John E. and Mary J. Price Scholarship	2008

Courses Instructed

UTSA – Remote

- NDT 2043 - Introduction to Nutritional Sciences

PURDUE ONLINE GLOBAL – Remote

- NS 235 - Nutrition Across the Human Lifecycle
- NW 205 – Vitamin, Herbs, and Nutritional Supplements

AUSTIN COMMUNITY COLLEGE – Remote

- BIOL 1322 – Nutrition and Diet Therapy

HERZING UNIVERSITY – Remote

- SC 150 – Principles of Nutrition

UNC CHARLOTTE – Charlotte, NC

- KNES 3260 – Nutrition for the Physically Active

CEDAR CREST COLLEGE – Allentown, PA

- NTR 113: Nutrition and Fitness

COMMUNITY COLLEGE OF PHILADELPHIA – Philadelphia, PA

- Diet 111: Introduction to Nutrition

ROCK VALLEY COLLEGE – Rockford, IL

- FWS 231: Contemporary Health Issues
- FWS 233: Community Health
- FWS 235: Alcohol and Drug Education
- FWS 237: Nutrition for Optimum Living
- FWS 261: Nutrition for Fitness & Sport

EASTERN ILLINOIS UNIVERSITY – Charleston, IL

- FCS 2100: Personal Nutrition
- FCS 1000: Foundational Focus of Family and Consumer Sciences
- FCS 3000: Family Resource Management
- FCS 4755: Nutrition and Physical Activity (graduate-level course)
- FCS 5155: Principles of Nutrition Education (graduate-level course)
- FCS 5159: Adult Weight Management (graduate-level course)

Natalie Holzhauer, MS, RDN, LDN

Page 7 | 815-566-7180 | natalierodakowski@gmail.com

Professional Presentations

5 Nutrition Hacks to Healthy Eating While Working from Home. <i>Red Ventures Culture Fest</i>	10/18/2021
Honor Your Hunger: How to Practice Intuitive Eating. <i>UNCC Teaching Kitchen</i>	2/25/2020
Dairy vs. Plant Based Milk: Which is Best For You? <i>UNCC Teaching Kitchen</i>	2/25/2020
Probiotics: Eat Your Way To A Healthy Gut. <i>UNCC Teaching Kitchen</i>	1/30/2020
Eating Healthy On The Road: Surviving Without Supersizing. <i>SentryOne</i>	4/25/2019
Strict vs Realistic Dieting: A Review of Fad Diets. <i>Bank of America</i>	2/16/2019
5 Nutrition Hacks That Can Change Your life. <i>Bank of America</i>	11/30/2018
Giving and Receiving Effective Feedback. <i>Cedar Crest College</i>	6/7/2018
20 Tips For a Successful Presentation; <i>Cedar Crest College</i>	6/6/2018
Nutrition Myths and Facts that will Help Shape your Summer. <i>Harlem School District</i>	05/2017
Making the Holiday a Little Healthier. <i>Harlem School District</i>	12/2016
Safe Vs. Dangerous Dieting: Fad Dieting Scams. <i>Rock Valley College Staff Development Day</i>	09/2016
Smart Snacking. Oral presentation at: <i>Harlem School District</i>	04/2016
Fad Diets; Why They Don't Work. <i>Rockford YMCA</i>	03/2016
Survival Guide for a Healthy Holiday. <i>Harlem School District</i>	11/2015
Healthy Desserts. <i>Harlem School District</i>	11/2015
Healthy Appetizers. <i>Harlem School District</i>	09/2015
Healthy Eating Habits in Early Childhood Nutrition. <i>YWCA Metropolitan Chicago</i>	04/2015
Smart Snacking. <i>Tri-County Opportunities Council Head Start Program</i>	03/2015
Obesity: A Dietitian's Perspective. <i>Tri-County Opportunities Council Head Start Program</i>	03/2015
How to Make Fresh Salsa. <i>Tri-County Opportunities Council Head Start Program</i>	03/2015
From MyPlate to Your Plate. <i>YWCA Metropolitan Chicago</i>	03/2015
Heart Healthy Eating. <i>Rock Valley College Lunch and Learn</i>	02/2015
Healthy Holiday Eating. <i>Rock Valley College Lunch and Learn</i>	12/2014
Eating Well for Your Brain. <i>Gardening for Your Brain Series</i>	08/2013
Cooking with Fresh Produce. <i>Lee County Council on Aging</i>	06/2014
Eating Well for Your Brain. <i>Sauk Valley College Lunch and Learn</i>	05/2014
Nutrition for Champions. <i>Dekalb High School</i>	04/2014
Actions Speak Louder than Words: How to be a Healthy Role Model. <i>YWCA Child Care Appreciation Conference</i>	03/2014