



ANITA BERMANN, MS, RDN, CD

Registered Dietitian Nutritionist,
Certified Intuitive Eating Counselor

Profile Summary

I help people create more peaceful relationships with food and their bodies through whole-foods-centered nutrition counseling. I am compassionate, innovative, knowledge-seeking, self-directed, and have a passion for creative presentation development.

Professional Affiliations and Honors

- Member, Association for Size Diversity and Health
- Member, Oncology Nutrition Dietetic Practice Group
- Member, Dietitians in Integrative and Functional Medicine
- 2013-2014 Bastyr Nutrition Department "Northwest Prime Time" columnist
- Selected as "Top Chef" in Bastyr University's 2013 Teen Feed Fundraiser

Contact Details

Mobile: (206) 913-8715
Email: anita@intuitivefeast.com
Websites: www.intuitivefeast.com
<https://www.linkedin.com/in/anitabermann>

Education

BASTYR UNIVERSITY

Master of Science in Nutrition/ Didactic Program in Dietetics, 2014

- Graduate Teaching Assistant, Advanced Nutrition: Micronutrients, Whole Foods Production, and Therapeutic Whole Foods Production
- Tutored graduate students in micronutrient science
- Taught cooking skills to nutrition and naturopathic students

OBERLIN COLLEGE

Bachelor of Arts in Creative Writing, 2008

- Head chef for Oberlin Student Dining Cooperative
- Student Editor, Plum Creek Review literary magazine

Nutrition Experience

OWNER, PRIVATE PRACTICE DIETITIAN

Intuitive Feast Nutrition Counseling, Aug 2015-Current

- Outpatient counseling and motivational interviewing focused on sustainable dietary change, with a specialty in a Health At Every Size™ approach to disordered eating
- Collaboration and building referral network with other medical providers
- Insurance billing and credentialing experience
- Creation and presentation of varied nutrition workshops for public and professionals

HEALTH COACH, MENU FOR CHANGE PROGRAM DIETITIAN

The Polyclinic Seattle, Nov 2018-Aug 2019

- Individual nutrition counseling, blog writing, group presentations and program development for primary care based weight management program

OUTPATIENT ONCOLOGY CLINICAL DIETITIAN

Harrison Health Partners (CHI Franciscan), Dec 2016-Sep 2018

- Nutrition counseling across the continuum of cancer care
- Collaboration with care team to provide individualized assessment and treatment plans and group education programs
- Managed nutrition screening, scheduling, dietary supplies, and referrals

CLINICAL DIETITIAN

CHI Franciscan Health, Jan 2016-Dec 2016

- Inpatient Nutrition Care Process and screening for Med-Tele, PCU, ICU, and Medical Oncology floors at Highline and Harrison Medical Centers

DIETETIC INTERN

Bastyr University, Sep 2014- June 2015

- 1200 hours of supervised practice focusing on integrating whole foods and complementary medicine perspectives into clinical nutrition care. Rotations included Seattle Cancer Care Alliance, St. Clare Hospital, Polyclinic Diabetes Education, Swedish Diabetes Education, Bastyr Center for Natural Health, and the Center for Integrative Medicine

Selected Presentations

"THE COMPASSIONATE CLEANSE"

The Polyclinic Seattle, March 2019

"INTUITIVE FEASTING"

Kitsap Libraries Employee Wellness Program, October 2018

"NUTRITION AND WELLNESS"

Learning in the Olympics Nursing Symposium, March 2018

"EAT TO NOURISH YOUR GENES"

Fred Hutchinson Cancer Research Center, June 2017

"THE PLANT POWERED PLATE"

Obesity Medicine Association Annual Conference, April 2017

"NOURISHING YOUR CELLS"

Seattle Children's Hospital, Oct 2016

VARIOUS TOPICS

Evergreen Health Community Nutrition Classes 2015-2016

"HEALTHY HOLIDAY EATING AFTER CANCER"

Seattle Cancer Care Alliance, Dec 2015

"IS YOUR DIET AS SPICY AS YOU ARE?"

Bastyr Center for Natural Health, June 2014