



SARA

Professional Portfolio

SOYEJU

RDN, MAPP

Bio **SARA SOYEJU, RDN, MAPP**

Sara Soyeju, RDN, MAPP is a Registered Dietitian and Founder of Edible Psychology© an Educational Website designed to train dietitians in the science and art of counseling to support overall wellbeing, as well as counseling programming for individuals who desire to grow in health.

As an advocate for a melioristic approach to dietetics, she is a professor at New York University teaching an engaging nutrition counseling course to masters level nutrition students. Her passion is in researching, developing programming, and encouraging the next generation to apply the science of psychology, mental wellbeing, and behavioral economics to the field of dietetics.

As a lover of learning, she completed her Bachelor of Science in Human Nutrition and Food Science from Colorado State University and received her Dietetic Registration from Texas State University. In her eagerness to support long-term behavior change and inspire others to grow in health both mentally and physically, she completed her Masters in Applied Positive Psychology (the science of wellbeing) at the University of Pennsylvania.

As a passionate trailblazer, she has over 16 years of experience in nutrition research, education, and counseling in areas of diabetes management, cancer prevention, and weight management. She has experience working in a variety of different environments and cultures serving communities in Colorado, Texas, Philadelphia, and New York City. She has over 6 years in program and grant management, securing over \$9 million of grant funding and leading a team of 14 nutrition and public health professionals to advocate for equity of healthy food for all New Yorkers.

Her goal is to help people to have a deeper understanding of their unique strengths and how to use these strengths to promote overall health within themselves and their community. She is passionate about helping people get healthy and stay healthy so that they can live their best life.

Meliorism [DEF]: THROUGH INTENTIONAL HUMAN EFFORT, THINGS CAN GET BETTER



WWW.EDIBLEPSYCH.COM | [@EDIBLEPSYCHOLGY](https://www.instagram.com/EDIBLEPSYCHOLGY)



Wellbeing MATTERS

I love the uniqueness of people. When I think about how many different human beings have lived, worked, loved, and parented throughout time, I am amazed. There have been so many unique points of view, different skills, and wisdoms that have shaped and progressed our world. My goal is to help people discover and appreciate their uniqueness and develop their personal one of a kind approach to health and wellbeing.



SARA SOYEJU, RDN, MAPP

Professional Portfolio

YEARS OF EXPERIENCE

Over 16 years of experience as a registered dietitian.

- 10 years experience as a research dietitian in both clinical and academic environments providing 1-on-1 nutrition counseling.
- 6 years as the Director of a Federally Funded Nutrition Education Program (SNAP-ED). Managing a team of 16 nutrition staff with the goals of improving Public Health Policy, Food Systems and Food Environments in NYC.
- 3 years as an Adjunct Professor to Master's Level Nutrition Students at NYU and Hunter University.

NOTABLE ACHIEVEMENTS TO SHARE

Writing 2 (5-year) Funded Grants totaling over \$9 million.
NYC Food Policy Center - 40 Under 40 Class of 2019
American Express Leadership Class of 2019



Nutrition Counseling

POSITIVE PSYCHOLOGY FOCUSED
**NUTRITION COUNSELING
COURSE**

Each semester I get the wonderful opportunity to reach the next generation of soon to be dietitians. I have developed a course that focuses on building self-awareness, emotional intelligence, compassionate counseling skills. The Students are challenged to first look inward at their wellbeing, as they are learning how to support others.





Food Advocate

As the Director of large team of nutrition educators and public health professionals, I was in charge of implementing a 5-year SNAP-ED contract to create policy, system and environmental changes that would influence healthy behavior changes in Upper Manhattan and the South Bronx. Over the 5-years we educated over 100,000 individuals through our nutrition education program.

NYC SCHOOL WELLNESS COUNCILS



NYC URBAN GARDEN PROGRAM



NYC NUTRITION EDUCATION PROGRAM



EDUCATION

the love of learning



**COLORADO STATE
UNIVERSITY**
B.S. HUMAN NUTRITION &
FOOD SCIENCES

CLASS OF 2004



**TEXAS STATE
UNIVERSITY**
DIETETIC INTERNSHIP
& REGISTRATION

CLASS OF 2008



**UNIVERSITY OF
PENNSYLVANIA**
MASTER OF APPLIED
POSITIVE PSYCHOLOGY

CLASS OF 2012

WORK EXPERIENCE

research & counseling



DIABETES CLINICAL RESEARCH

I began my career as a research dietitian completing Phase 1 and Phase 2 Diabetes Clinical Trials in San Antonio, TX at DGD Research.



CANCER PREVENTION RESEARCH

I continued my research experience at Colorado State University studying how diet impacts breast cancer survivors.



COGNITIVE BEHAVIORAL RESEARCH

My next step was to learn from one of the leading researchers on Obesity and Behavior Change at Temple University Center for Obesity Research and Education (CORE).

WORK EXPERIENCE

advocate & professor



PUBLIC HEALTH & FOOD ADVOCATE

As the Director of large team of nutrition educators and public health professionals, I was in charge of implementing a 5-year SNAP-ED contract to create policy, system and environmental changes that would influence healthy behavior changes in Upper Manhattan and the South Bronx.



NUTRITION COUNSELING ADJUNCT PROFESSOR

Developed a novel positive psychology-focused nutrition counseling course for Masters Level Nutrition Students & new Counseling simulation case studies and protocol

LEADERSHIP

innovator & change agent



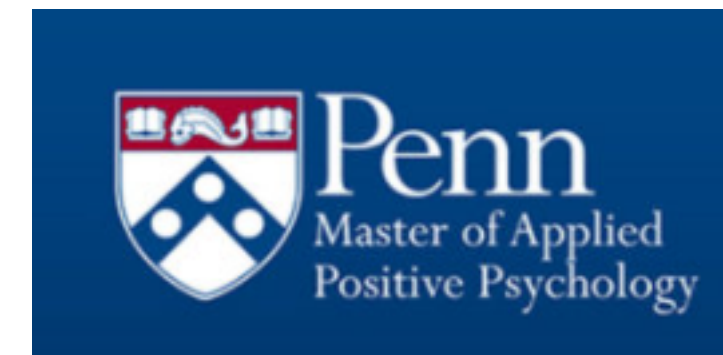
**AMERICAN EXPRESS
LEADERSHIP
ACADEMY**

CLASS OF 2019



**40 UNDER 40 FOOD
POLICY CHANGE
MAKERS**

CLASS OF 2019



**UPENN MAPP
ALUMNI PRESIDENT**

2014-2015
BOARD MEMBER
2012-2014

health IS A STATE OF COMPLETE PHYSICAL,
MENTAL AND SOCIAL WELL-BEING AND NOT
MERELY THE ABSENCE OF DISEASE OR INFIRMITY.

WORLD HEALTH ORGANIZATION - PREAMBLE TO THE CONSTITUTION 1946

A CORE BELIEF:

Each facet of wellbeing is interconnected and to approach change in one, means I have to learn, understand and support the other's simultaneously.

As a dietitian it is my aim to have conversations with deep active listening to better understand how to motivate an individual to make the healthy change that can support their over all health. Not just focusing on physical wellbeing (i.e. weight management) at the sacrifice of mental or social wellbeing.

Meliorism

(DEF): MELIORISM IS THE PHILOSOPHY THAT THE WORLD TENDS TO BE MADE BETTER BY INTENTIONAL HUMAN EFFORT.

MY APPROACH:

I encourage individuals to use their strengths to make intentional efforts that work with how their minds works so that they can adjust their behaviors and environment making healthy changes easier to sustain.



LET'S CONNECT

SARA SOYEJU, RDN, MAPP
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