



# CAROLINA MONTSERRAT DORANTES OLVERA

## Nutritionist

### ABOUT ME

Nutrition professional with focus on developing personalised meal plans and providing evidence-based dietary advice to improve client health. Experienced in conducting nutritional assessments, creating material and fitness programmes

### EDUCATION

**Master of Hormonal nutrition and women's medicine**

ICSN Instituto de Postgrado  
2023-2024 (Actually Online)

**Bachelor of Nutritionist**

Universidad Autónoma del Estado de Hidalgo  
2018 - 2023

### SKILLS

- Diagnose, plan and evaluate health conditions
- Formulate nutritional intervention programs.
- Design, execute and evaluate training plans
- Empathy
- Responsibility and social awareness.

### LANGUAGE

- English
- Spanish

 7713326252

 Pachuca de Soto, Hgo

 carolina.dorantes03@gmail.com

### EXPERIENCE

- Nutritionist** 2022- 2024  
Private consultation- PACHUCA DE SOTO, HGO.
  - Nutritional advice
  - Assessment of nutritional status
  - Preparation of personalized nutritional plans
  - Anthropometry
  - Preparation of training plans
- Personal Trainer** 2022- 2024  
Fitness Center- PACHUCA DE SOTO, HGO.
  - Advice client achieve goals by a fitness program specifically tailored to their needs.
  - Physical tests
  - Nutritional advice
  - Anthropometry
- Internship Nutritionist** 2021- 2022  
Public hospital- PACHUCA DE SOTO, HGO.
  - Nutritional advice for patients with diabetes, malnutrition and obesity
  - Assessment of nutritional status
  - Food guidance for pregnant women and mothers
  - Development of personalized food plans
  - Breastfeeding workshops
- Receptionist** 2016- 2017  
Private consultation - PACHUCA DE SOTO, HGO.
  - Client portfolio management
  - Company account management
  - Social media content creation
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### CERTIFICATIONS

- Cerificación ISAK Nivel 1 por la International Society for the Advancement of Kinanthropometry
- Workshop Building a healthy life at school and home Seminar New approaches to measuring food intake in athletes-Dra. Deborah Kerr
- Workshop fine-tuning-Lic. Mauricio Tellez Course
- Nutrition Breastfeeding (Secretary of Health)
- Personal Trainer- Musclemania