

# MARY BETH BRUMIT, MS, RD, LDN

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Registered Dietitian with experience in clinical and community nutrition, dedicated to student-centered undergraduate teaching, mentorship, and evidence-based instruction within a collaborative academic community

## CERTIFICATIONS AND LICENSURE

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**Registered Dietitian, Commission on Dietetic Registration, ID 86342082**

- State Licensure: TN Department of Health #4738, *Issued November 30, 2023*
- NPI 1497556260

## PROFESSIONAL EXPERIENCE

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**Part Time Lecturer | California Polytechnic State University (Cal Poly) | San Luis Obispo, CA** **September 2025 – Present**

- Teaching undergraduate courses in Food Science & Nutrition including Introduction to Human Nutrition, Nutrition and Disease Prevention and Nutrient Metabolism Laboratory, integrating nutrition science with applied, real-world examples.
- Designed and delivered interactive, student-centered instruction aligned with Cal Poly's Learn by Doing philosophy, incorporating group activities, case studies, laboratory application, and formative assessment to enhance engagement and comprehension.

**Founder and Creator | Skin Dietitian LLC | Virtual** **March 2025 - Present**

- Creating a signature online program to help women in their 20s–30s reduce acne and improve skin health by addressing underlying pathogenic processes through evidence-based nutrition and sustainable lifestyle strategies
- Designed a full 12-week curriculum with educational video modules, downloadable tools (PDFs, trackers, workbooks), and behavior-change frameworks that empower women to reduce breakouts and feel more confident in their skin

**Registered Dietitian | Nourish | Virtual** **April 2025 - Present**

- Delivering personalized, evidence-based nutrition counseling through Nourish's telehealth platform, making care accessible and affordable across all 50 states
- Empowering clients to achieve sustainable health outcomes by integrating medical nutrition therapy and digital tools and insurance-covered services

**Registered Dietitian | Vanderbilt University Medical Center | Nashville, TN** **November 2023 - March 2025**

- Specialized in outpatient adult oncology and adult enteral nutrition, providing direct patient care and developing a tracking system that supported over 200 patients post-discharge, enhancing continuity of care and nutrition outcomes
- Collaborated with research coordinators at the Vanderbilt Sports Concussion Center to create a nutrition protocol to support athlete recovery

**Dietetic Intern | Cal Poly Dietetic Internship | San Luis Obispo, CA** **August 2022 - June 2023**

- Gained teaching and mentorship experience by delivering an introductory sports nutrition lecture to first-year collegiate athletes, presenting foundational principles in an engaging and accessible way.
- Completed supervised practice rotations in inpatient acute care, outpatient oncology, pediatrics and cystic fibrosis, sports nutrition, women's health and fertility, foodservice operations, sustainable farming, and U.S. Space Force nutrition

## EDUCATION

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**Master of Science in Exercise and Nutrition Sciences**

Lipscomb University | Nashville, TN

**Graduated December 2022**

**Bachelor of Education, Health and Human Sciences in Kinesiology**

The University of Tennessee, Knoxville | Knoxville, TN

**Graduated May 2019**

**Study Abroad, semester coursework in biochemistry, exercise physiology**

University of Queensland | Brisbane, Queensland, Australia February-June 2018

**February - June 2018**

## AFFILIATIONS, AWARDS AND RECOGNITIONS

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- University of Tennessee Softball Team
- University of Tennessee Rowing Team
- University of Tennessee Lettermen's Club (dual varsity letterman in softball, rowing)
- NFCA All-American Scholar Athlete Southeastern Conference (SEC) Academic Honor Roll
- Kappa Delta Sorority, Alpha Epsilon Chapter