



# MEET THE DIETITIAN

*I work one-on-one with students that have dietary needs/accommodations including, but not limited to food allergies and celiac disease. I help students get the most out of their meal plan by reviewing menu choices at the dining centers and elsewhere on campus. My goal is to assist students in finding nutritional diet solutions, so they are comfortable eating on campus. I also help with employee training on related nutritional issues and assist on nutrition and wellness initiatives throughout campus.*



## CONTACT ME

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**Ruth Sullivan**  
*Registered Dietitian*



**WNE**  
**DINING**

# Frequently Asked Questions with Ruth Sullivan RDN

## **What is a Registered Dietitian?**

A Registered Dietitian is a healthcare professional that specializes in nutrition, well-being and food science. Dietitians can help individuals optimize their health through their food choices and eating behaviors. They can work in a number of different locations such as hospitals, college campuses, healthcare facilities, government facilities and private practices.

## **What nutrition services are available to me?**

Students have access to free private nutrition counseling services and dining hall tours. Students and campus faculty may reach out to Ruth directly if they believe a group they belong to may also benefit from a nutrition presentation or seminar.

## **Am I eligible to see the Dietitian? How do I make an appointment?**

Yes! All students have access to this service no matter the nature of their nutrition-related concern. Students may make an appointment directly with Ruth by e-mailing her at [sullivan-ruth@aramark.com](mailto:sullivan-ruth@aramark.com) or by calling or texting her at (315) 751-1968.

## **What should students expect for my initial visit?**

During an initial visit, students will review their nutrition-related concerns and share their current dining habits and long-term goals with Ruth. Students will address any barriers they may face, and Ruth will share tips and advice on how to best address them. Together, Ruth and the student will discuss the option for recurring meetings, if desired.

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