



## SoulFIRE Health

### ABOUT

#### Jamie Rinaldi, RD, MS in Applied Physiology and Nutrition

Jamie Rinaldi is a Registered Dietitian of 20 years. First licensed in New Jersey, and currently licensed in Pennsylvania. Her primary work has always been in a clinical environment working a lot with diabetes patients. However, Jamie's passions remain fitness, weight management and cooking.

In high school, Jamie decided to pursue a career in nutrition. At that time, she felt it was all about "dieting" for weight loss. In an "Introduction to Nutrition" class at the University of Vermont, Jamie felt she began to understand what nutrition was really about. It was fascinating!

After earning a Bachelor of Science in Nutritional Sciences, Jamie entered graduate school to prepare for an occupation in sports nutrition. Her advisor at Columbia University Teachers College introduced the path of a Registered Dietitian. Jamie earned a Master of Science in Applied Physiology and Nutrition and completed a dietetic internship.

Today, healthy food and positive body image drive Jamie's passion. She and her fiancé own a food truck, selling nutritious comfort foods. Together, they teach cooking classes, virtually and in-person.

*"I have always loved writing and considered it no more than a hobby, so now I am excited to contribute content and educational material with SoulFIRE Health!"*

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