

# José Manuel Moreno

Nutrition And Dietitian

## Contact

### Address

Hermosillo, Son., 85715

### Phone

662-243-2176

### E-mail

josem.morenoab@gmail.com

## Skills

Community nutrition services

Nutrition program management

Patient education

Self-Motivated

MS Office

Teamwork and Collaboration

Active Listening

## Languages

Spanish

Excellent

English

Innovative and experienced Nutritionist with 9 years of expertise in conducting nutrition assessments and evaluating lifestyle factors. Research and gather information on clients' physical fitness, stress levels, medical diagnoses and medication usage. Offer effective specific diet and lifestyle changes appropriate for each individual to maximize transformations and positive outcomes.

## Work History

2018-08 -  
Current

### Dietitian Nutritionist

*Centro Integral De Nutrición, Hermosillo, Sonora, Mex*

- Coached individuals methods for managing chronic diseases with effective dietary plans and lifestyle changing methods.
- Offered workshops about healthy lifestyles to individuals and family groups.

2021-06 -  
2023-06

### Sales Representative

*Hiossen Implant, Hermosillo, Sonora, Mex*

- Met with existing customers and prospects to discuss dentist business needs and recommend optimal solutions with our implant system and services.

2013-08 -  
2018-07

### Assistant Researcher

*Centro De Investigación En Alimentación Y Desarrollo, Hermosillo, Sonora, Mex*

- **Developed food frequency questionnaire** for Cocmcaac tribe.
- Managed many databases and statistical package, such Microsoft Office Excel and Stata.
- Performed **anthropometric measures** and questionnaires to asses nutritional state in **more than 150 individuals from Cocmcaac community** .
- Performed protocol to create more questionnaires for future researches in this work unit.
- Maintained and protected electronic databases.

2015-08 -  
2018-02

### Dietitian Nutritionist

*Meta Cultura Saludable, Hermosillo, Sonora, Mex*

- Developed nutrient-dense recipes and flexible meal templates to meet nutritional objectives.

- Offered talks and focal groups information to educate individuals patients, families and work places, such as Nearsoft (Hermosillo, Mex), GA Hipotecario (Hermosillo, Mex) and Molymex (Cumpas, Mex).

## Education

2022-10 -  
Current

### **Certificate: Dietitian in Kidney Disease**

*Instituto Para La Salud, Nutrición Y Ciencia - Tlaxcala, Mex*

2022-12 -  
Current

### **Certificate: Maternal-Fetal**

*Instituto Para La Salud, Nutrición Y Ciencia - Tlaxcala, Mex*

2009-08 -  
2013-06

### **Bachelor of Science: Ciencias Nutricionales (Nutritional Science)**

*Universidad De Sonora - Hermosillo, Sonora, Mex*

## Employment References

- **Julian Esparza Romero**

Research Center for Food and Development (CIAD)

Principal Researcher

+52 662 290 7395

julian@ciad.mx

- **Carolina Álvarez Hernandez**

Hiossen Implant Mexico

Sales Manager

+52 662 276 6041

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## Personal References

- José Carlos Palazuelos

(602) 935-4189

- Leobardo Galaviz

(520) 312-7467