

Mary-Lauren Shelton, RDN, LD holds a Bachelor of Science in Dietetics from the University of Kentucky in Lexington where she completed the Coordinated Dietetics Program. She gained experience during the dietetic internship in Medical Nutrition Therapy and Food Service at St. Joseph Hospital in Lexington and Community Nutrition in Daviess County at the Green River District Health Department. Following graduation Mary-Lauren moved back to her hometown of Dallas, Texas to work as a dietitian at Center For Discovery, an Eating Disorder treatment facility, and at Medical City Green Oaks Hospital, an inpatient mental health facility.

Mary-Lauren currently has a private practice, Nutrition DiscoverD, LLC, in Richardson, Texas and is also licensed to practice in Kentucky where she sees clients through telehealth. She specializes in working with adults and adolescents with eating disorders, including athletes and those with PCOS. Her approach involves working closely with her clients to create individualized treatment plans focusing on a non-diet, weight neutral, all foods fit philosophy by providing nutrition education, and creating a healthy relationship between food, body, and movement.

In her free time, she enjoys cooking and being outdoors hiking or playing tennis with friends, family, and her dogs. Mary-Lauren also enjoys mentoring dietetic students, supervising interns, and speaking to groups to spread nutrition knowledge about the treatment of eating disorders. She provides individual nutritional counseling in-person, over the phone, and through virtual video conferencing to accommodate her clients' schedules and physical needs.

Profile

Registered Dietitian Nutritionist experienced in working with adults and adolescents with eating disorders at all levels of care. Primary focus is working with eating disorders, athletes with eating disorders, and eating disorder clients with PCOS. Sessions are offered both in-person and virtually to provide resources for individuals in underserved areas.

Professional Experience**Nutrition DiscoverD, LLC, Richardson, TX**

November 2018-Present

Registered Dietitian, Private Practice; Owner and Founder

- ❖ Perform nutrition assessments and counseling for clients with eating disorders in person and through teleconference across Texas and Kentucky
- ❖ Participate in interdisciplinary treatment team meetings and case consults
- ❖ Evaluate annual budget, create and employ marketing strategies for outpatient services

My Signature Nutrition, Tyler, TX

May 2018-February 2020

Registered Dietitian, Private Practice, Part-Time

- ❖ Perform nutrition assessments and counseling for clients with eating disorders
- ❖ Provide thorough clinical documentation in client charts

Eating Disorder Solutions, Dallas, Texas

June 2019

Residential Registered Dietitian, Contract-PRN

- ❖ Provide individualized nutritional counseling to clients with eating disorders in residential treatment
- ❖ Implement and monitor individual patient meal plans
- ❖ Meal/snack support and supervision
- ❖ Conduct group nutrition discussions and outings
- ❖ Participate in interdisciplinary treatment team meetings and case consults

Medical City Green Oaks Hospital, Dallas, TX

January 2018-December 2018

Clinical Dietitian, PRN, Part-Time, Full-Time

- ❖ Perform nutritional assessments of adults and adolescents in the inpatient psychiatric program with a focus on eating disorders
- ❖ Implement SCOFF screening tool for all assessments and admissions
- ❖ Provide one-on-one nutrition counseling utilizing HAES and IE Principles
- ❖ Conduct group nutrition discussions

Center for Discovery, Addison, TX

December 2017-May 2018

PHP/IOP Registered Dietitian, PRN

- ❖ Provide individualized nutritional counseling to clients with eating disorders
- ❖ Implement and monitor individual patient meal plans
- ❖ Provide meal/snack support and supervision

Education**University of Kentucky, Lexington, KY**

August 2017

B.S. in Dietetics (coordinated program); 3.81 GPA, *summa cum laude*

Honors: The 2015 UK Outstanding Sophomore (College of Agriculture)

Dean's List: Fall 2013, Spring 2015, Fall 2015, Spring 2016, Fall 2016, and Spring 2017

Research papers: "PTSD & Eating Disorders" and "Eating Disorders in Jockeys"

Certifications

CDR #86061347

TDLR #DT85061

Kentucky LD: #247566

ANSI Certified Texas Food Handler Certificate through 5/2021

AHA Heartsaver CPR/AED Certification through 4/2020

Managefirst Certificate in Human Resources and Management Supervision

Managefirst Certificate in Controlling Foodservice Costs

Memberships

International Federation of Eating Disorder Dietitians (IFEDD)
International Association of Eating Disorders Professionals, DFW Chapter (IAEDP)
Collegiate & Professional Sports Dietitians Association (CPSDA) #2150
Academy of Nutrition and Dietetics #86061347
Academy of Nutrition and Dietetics, Behavioral Health Nutrition DPG (BHN)
Academy of Nutrition and Dietetics, Sports, Cardiovascular and Wellness Nutrition (SCAN)
Texas Academy of Nutrition and Dietetics (TAND)
Bluegrass Academy of Nutrition and Dietetics (BGAND)

Eating Disorder Presentations

Caregiver Conference April 2020

- ❖ Live Webinar presentation for Community Members and Caregivers; estimated 500 attendees
- ❖ Educated and supported caregivers by providing recommendations and strategies on balanced nutrition and healthy habits for loved ones
- ❖ Reviewed Intuitive Eating, Evaluating Hunger/Fullness, and Supplementation

University of Kentucky, Dietetics and Human Nutrition

- ❖ Provided a video to the Dietetic Internship Class of 2020
- ❖ Discussed personal experience with the dietetic internship, how to best prepare, expectations, and provided advice based on personal experiences

Prestonwood Baptist Church Health and Safety Seminar “Nutrition: Choices Today for a Healthier Tomorrow”

- ❖ Presented to 100 members in the Senior Adult Group
- ❖ Discussed Gentle Nutrition, Intuitive Eating, Evaluating Hunger/Fullness, and Supplementation

University of Kentucky, Dietetics and Human Nutrition

- ❖ Podcast Interview for the Dietetic Internship Class of 2019
- ❖ Reviewed personal experience in the job application and interview process
- ❖ Provided advice and guidance for incoming internship class
- ❖ Discussed the role of a dietitian working with clients with eating disorders and mental health conditions in various levels of care

East Texas Women’s Blog McDonald’s Presentation April 2018

- ❖ Presented Live to Women and Children in the East Texas Women’s Group; Presentation was also shared on Facebook Live with 5.4K views
- ❖ Discussed Intuitive Eating, Balanced Nutrition, and On-The Go Nutrition for Families