

2023 Annual Nutrition Alumni Panel

Thursday, February 9th, 2023 5:30-7:30 PM

Zoom Link: <https://teacherscollege.zoom.us/j/9618959125>

Meeting ID: 961 8959 125

Please join us for a discussion with several Program in Nutrition graduates who have professionally established themselves in different areas of our field. Learn how they built on their experiences at Teachers College to achieve their career goals.



Jae Berman, MS, RDN completed her MS in Applied Physiology and Nutrition (now Nutrition and Exercise Physiology) from Teachers College and her dietetic internship at University of California San Francisco. Jae serves as the Director of Nutrition at Apeiron, a concierge performance and wellness center. Jae's past work experience includes Health Educator for the DIETFITS study at Stanford University, Head Coach at Habit, Sports Dietitian for University of San Francisco, Dietitian at The Battery and The Bay Club Company, and spokesperson and consultant for several companies. Jae has been a personal trainer, yoga teacher, and Pilates instructor for fifteen years.



Jason Machowsky, MS, RDN, CSSD, CEP, CSCS is a board-certified sports dietitian and exercise physiologist. In addition to his private practice, Jason is the sports dietitian at the Tisch Sports Performance Center at the Hospital for Special Surgery, and co-founder of Athletic Foundations, a young athlete sports nutrition education program. Jason is a member of the U.S. Olympic Committee Sports Dietitian Registry and has provided sports nutrition services for DI NCAA schools at his alma mater, Teachers College, Columbia University. He is a frequent presenter on the topic of sports nutrition.



Rachel Rothman, MS, RDN is a pediatric dietitian, feeding expert, and owner of Nutrition in Bloom. Rachel began her career in the food industry and went on to receive her master's degree in Nutrition Education at Teachers College. She completed her Dietetic Internship at the San Diego VA Medical Center, and worked at a local pediatric hospital prior to starting her private practice. Rachel has helped thousands of families create happier mealtimes, and specializes in working with children with feeding difficulties, using evidence-based approaches to help children develop positive relationships with food.



Yang Tao, MD, MS, RDN is a Registered Dietitian in the U.S. and a public health physician in China. She worked as a research assistant and physician in China and obtained her MS in Nutrition and Public Health from Teachers College in 2017. Yang joined the University of Oxford in 2022 as a DPhil student in Population Health. Her research focuses on nutritional epidemiology exploring diet and musculoskeletal health.



Feiyang Wang, MS, RDN graduated from the Nutrition and Exercise Physiology program at Teachers College, Columbia University in 2020. She has explored different careers in the growing nutrition profession in China. She began her nutrition career in China at Abbott Laboratories, and is currently working as the project manager for preterm nutrition formula development. She will discuss different career options in China.



Dana White, MS, RDN, ATC is a Registered Dietitian, Certified Athletic Trainer, Journalist, Nutrition and Fitness consultant, and author of 9 cookbooks. She currently works as a sports dietitian and associate clinical professor of Athletic Training and Sports Medicine at Quinnipiac University. She has served on the advisory board and as a spokesperson for wellness media outlets and food companies. Dana has made appearances and been featured on news, health, and lifestyle networks and magazines like Food Network, ABC Nightly News, New York Live, and Today's Dietitian. She earned her MS in Nutrition Education at Teachers College, Columbia University.

