

2024 Annual Nutrition Alumni Panel

Thursday, February 8th, 2024 6:00-8:00 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.



Michael McDonnough MS, RDN received his Master's in Nutrition and Public Health in 2016. His passion for community wellness led him towards a career change after receiving an undergraduate degree in Marketing from Fordham University. He serves as a Clinical Dietitian in the areas of kidney and pancreas transplant. Mike is a co-founding member of the NYP/Weill Cornell RD Diversity Action Committee, an RD-driven committee focused on implementing initiatives and providing educational opportunities to improve diversity, equity, and inclusion among dietitians, dietetic interns, and communities served.



Ge Ge, MS, RDN is a certified diabetes care and education specialist (CDCES) and dietitian licensed in NY and WI, with approximately four years of professional experience. Since completing her MS in 2020 she has mainly worked as the chief dietitian in nursing homes while maintaining part-time work in telehealth, renal dialysis, and diabetes clinics. She is currently pursuing a doctorate in clinical nutrition at Rutgers University. Her core competencies include geriatric nutrition, renal nutrition, diabetes education, and health coaching in a virtual health setting. Ge is passionate about helping people achieve their health and wellness goals through evidence-based and culturally-sensitive nutrition interventions.



Sydney Nitzkorski, MS, RDN has been an RDN and fitness instructor for 20 years. She counseled at a 10,000-member gym in NYC before joining LA PALESTRA as a personal trainer and RD, running a nutrition program for their marathon team. She worked as the RD for the University of Pennsylvania's Athletic Department and then started a private practice in the Hudson Valley. Since 2020 she has taught over 500 30-minute fitness classes via Zoom. Her clients include professional athletes, Olympians, and even stressed out parents. Sydney has been featured in Sports Illustrated, Growing Up Gotti, quoted in The New York Post, CNN.com, FitnessMagazine.com, Marie Claire, Real Simple, and Jane magazines. She has a YouTube channel and is currently co-authoring a book on bone and joint health with recipes and exercise suggestions. See www.sydneynitzkorski.com for more information.



Lexi Orlan MS, RDN is a 2020 graduate of the MS in Nutrition Education program. She currently works full-time at Foodsmart, a telehealth company offering one-on-one nutrition counseling to the Medicaid population, and part-time at Worksite Wellness Nutrition, LLC, a virtual private practice founded and owned by a fellow TC grad! Lexi's mission is to make healthy food choices affordable, accessible and second nature. Follow her @lexiorlan on Instagram for nutrition tips and a peek into her life as someone who loves baking and pilates.



Joanna Perl, MS, RDN graduated with an MS in Nutrition Education in 2022 having completed her course work and dietetic internship at TC. Having been offered a position at Vanderbilt Medical Center, she relocated to Nashville in the fall of 2022. Joanna is the Celiac Dietitian for the GI clinic. She also counsels individuals with IBS, IBD, SIBO, alpha-gal syndrome, fodmap sensitivity, and other medical conditions. In addition to outpatient counseling, she is involved in research that allows her to work with dietitians from around the country. She is also developing a program to address food insecurity among the celiac population.



Allison Schaible, MS, RDN, CDN received her MS in Nutrition and Public Health and completed the dietetic internship program in 2014. She is currently a clinical nutrition coordinator in the Food Allergy Treatment and Research Center of the Icahn School of Medicine at Mount Sinai. She was a licensed medical technologist prior to starting her career in pediatric food allergies six years ago at Mt. Sinai. The kitchen is her lab where she prepares food challenges and develops research protocols. She educates families about the dietary management of food allergies. She has been a professional speaker at the annual American Academy of Allergy, Asthma, and Immunology conference; she is a contributing author of several professional journal articles; and last year she co-authored a textbook chapter for the Health Professional's Guide to Nutrition Management of Food Allergies, which is available at www.eatright.org.