

# Stacie V. Ellis, PhD, RDN, LD

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January 2024

## EDUCATION

### Texas Woman's University

PhD in Nutrition with Kinesiology minor

MS in Nutrition

BS in Nutrition-Dietetics emphasis

Denton, TX

Anticipated graduation May 2023

December 2016

Summa Cum Laude May 2013

### Sam Houston State University

BS in Composite Science-Geology emphasis, minor Secondary Education

Huntsville, TX

May 2007

## Professional Education

- Landauer General Radiation Safety Certification of Completion on February 10, 2021.
- Received Certificate of Completion of the Foundations of Heart Rate Variability course through Elite Academy on August 7, 2020.
- Biomedical Responsible Conduct of Research Stage 1- RCR completion May 2020 (Expires May 2025).
- Biomedical Responsible Conduct of Research Stage 2 completion December 2018 (expires December 2021).
- Stacie Ellis completed the Certificate of Training in Adult Weight Management Program on June 4-6, 2015.

## RESEARCH

### Research Activities

**Principal Investigator-** The effects of a high-carbohydrate, low-fat diet versus a low-carbohydrate, high-fat diet on dancer's performance (Dissertation, Chair: Broughton, K.S., Committee: DiMarco, N., Rigby, B.R., Tucker, W., & LeMieux, M, 2020-2023).

- Activities include the Wingate ergometer, performance tests, dual energy x-ray absorptiometry, heart rate variability, nutrition analysis, and fatigue assessments.
- Gained experience filling out Institutional Review Board application
- Funding through internal funds through Moore-Khourie Award (2021 and 2022) and external funds through Phi Kappa Phi Love of Learning Award (2020).

## **Research Activities (continued)**

**Research Assistant**- Safety and Wellness Physical Assessments for City of Denton, Fire Department Firefighters (Principal Investigator: Broughton, K. S. & Mehta, J., 2021-2023)

- Research activities include training research volunteers, organizing paperwork, VO<sub>2</sub> treadmill testing, blood pressure readings, fitness testing, dual energy x-ray absorptiometry, and vision testing.

**Principal Investigator**- Using Athlete's Plate Easy Training/ Weight Management with dancers (Thesis, Chair: DiMarco, N., Committee: Henley, M., Imrham, V., 2015-2016)

- Research activities include measuring resting metabolic rate, nutrition analysis, fatigue assessments, nutrition education, dual energy x-ray absorptiometry, body image spectrum, and assessments on body weight perceptions and dietary patterns among dancers.
- Gained experience filling out Institutional Review Board application.

## **TEACHING**

### **Academic Employment**

<b><u>Texas Woman's University</u></b>	Denton, TX	June 2016 to August 2023
<b>Graduate Research Assistant</b> Firefighter Study Analysis		June 2023 to August 2023
<b>Graduate Teaching Assistant</b> <i>Instructor of Record</i>		January 2017 to May 2023
Food Preparation and Principles Lecture		January 2023 to May 2023
Food Prep and Principles Lab		January 2017- December 2019, August 2020 to December 2021, August 2022 to May 2023
Nutrition for Family and Child Lecture		January 2020 to May 2020
<i>Substitute for Professor</i> Food Prep Principles Lecture		November 2019
<b>Graduate Assistant</b>		June 2016-December 2016
Food and Culture		Summer 2016
Foodservice Systems		Fall 2017 and Spring 2018
Quantity Foods		Fall 2017 and Spring 2018
Intro to Dietetics		Fall 2017 and Spring 2018
<b><u>University of Texas at Arlington</u></b>	Arlington, TX	August 2017 to present
<b>Guest Lecturer</b>		October 2019 to present
Kinesiology Department- Sports Nutrition		February 2022 to present
Nursing Department- Health Promotion through Lifespan		October 2019
<b>Continuing Education Instructor</b>		August 2017 to 2019
Food and Nutrition Specialist		



## **Dietetic Employment (continued)**

### **Self-employed/Contractor(continued)**

*American Health Assessments* (Denton, TX; July 2015- September 2017).

Contract work. Provided nutrition assessment and education for Medicare home health patients.

*Honeymoon Body*, a partner with *Brides of North Texas*, (DFW, TX; February 2016-February 2017).

Partnered with personal trainer in creation of E-book.

*Just Train with Boss* (Los Angeles, CA; July 2013-December 2016).

Partnered with a Celebrity Personal Trainer, providing consults, meal plans, and nutritional advice for company.

### **Texas General Hospital**

Grand Prairie, TX

May 2016 - January 2018

*PRN Dietitian*

Covered for Clinical Dietitian when she was unavailable.

### **Texas Health Hospital**

Carrollton, TX

September 2016- January 2018

*PRN Dietitian*

Covered for Clinical Dietitian when she was unavailable.

*Clinical Dietitian*

September 2015- September 2016

Responsible for developing the nutrition department in a new hospital including policy development.

Provided medical nutrition therapy through assessments and education. Therapeutic Diet menus analysis and development. Development of nutrition education programs.

### **Vitafive**

Fort Worth, TX

March 2016-October 2017

*Chief Nutrition Officer*

Provided the nutritional expertise concerning vitamins and aids in the development in vitamin packs.

## **SCHOLARLY/CREATIVE ACHEIVEMENTS**

### **Grant Funding**

*Moore-Khourie Award*, Texas Woman's University Department of Nutrition & Food Sciences \$6,842 in January 2021 and \$5830 in January 2022.

### **Intellectual Contributions**

#### **Thesis**

- Ellis, S. Using Athlete's Plate for Easy Training/ Weight Management with dancers- Thesis. *ProQuest*, 2016.

## **Intellectual Contributions (continued)**

### **Manuscripts in Development**

- Ellis, S., Broughton, K.S., & Ribgy, R. (2022) Methods for Testing Physical Performance in Dancers, Initial Submission to *Journal of Sports Science*.
- Ellis, S. & Broughton, K.S. (2022). Possible causes and treatments of menstrual irregularity among dancers. Initially submitted to *Journal of Physical Education, Recreation, and Dance*.

### **Publications**

- Ellis, S. Recipe blog. *In the Mix with Stacie* at [www.inthemixwithstacie.com](http://www.inthemixwithstacie.com), Launched December 2020
- Ellis, S. Unprocessed: Top Nutrition myths debunked. *The Shorthorn*, March 29, 2018.
- Ellis, S. Do people really need to take vitamins? *Vitafive*, May 4, 2016
- Ellis, S and Cochran, N. Balancing your plate during the holidays. *Southern Dallas County Business & Living Magazine*. December 2014.

### **Media: Interviews and Features in Publications**

#### **Articles**

- Gutierrez, J. Working out safely and sustainably can strengthen your body, *The Shorthorn*, October 19, 2022
- Gonzalez, A. Dorm and apartment residents share convenient, healthy dishes, *The Shorthorn*, October 19, 2022
- Manalastas, R. Heart smart: How to prioritize cardiovascular health, *The Shorthorn*, February 9 2022
- Schoneboom, M. Healthy options for eating on and off campus, *The Shorthorn*, October 20, 2021
- Tineo A. Finding balance between school, exercise is key to relieve stress, *The Shorthorn*, October 20, 2021.
- Perez, A. Diet culture is unsustainable and could actually lead to gaining more weight, says dietitian, *The Shorthorn*, September 14, 2021.
- Manalastas, R, Ramirez, D.S., & Zafar, M. Sometimes self-care means making sure your basic physical, mental health needs are being met, *The Shorthorn*, February 11, 2021.
- Gomez, J. What to know about the zero-carb diet, according to dietitians, *Women's Health*, August 27, 2020.
- Knowles, S. The 'Quarantine 15:' Students discuss body positivity and self-acceptance in a global pandemic, August 26, 2020
- Lenzen, C. Social distancing can lead to culinary creativity at home, *The Shorthorn*, March 19, 2020
- Lenzen, C. Fasting for faith, not a fad, *The Shorthorn*, February 26, 2020
- Meja, D. From Scratch: Coffee, a college student's best friend, *The Shorthorn*, October 23, 2019
- North, P. Vitamins and supplements help fight diet deficiencies, *The Shorthorn*, October 15, 2019
- Meja, D. Eating on the green side, *The Shorthorn*, October 15, 2019
- Melendes, E. Food for Thought Event debunks ten common misconceptions about nutrition, *The Shorthorn*, March 28, 2019
- Turner, Z. How to choose the right diet as a college student. *The Shorthorn*, March 25, 2019
- Vera, A. Six insights on the health effects of a vegan diet. *The Shorthorn*, March 6, 2019
- Villanueva, B. How meal prepping can positively impact daily life. *The Shorthorn*, February 13, 2019
- Parab, K. Students, dietitian discuss benefits of kombucha. *The Shorthorn*, August 21, 2018
- Flores, CR. Staying Fit. *The Shorthorn*, June 6, 2019.
- Hilliard M. Use snacks to recharge your brain. *The Shorthorn*. March 7, 2018
- Woolen, C. Unprocessed: Easy tips for student nutrition success. *The Shorthorn*, March 1, 2018
- Hilliard, M. Ketogenic diet emphasize low-carbohydrate, high-fat regimen. *The Shorthorn*. January 31, 2018
- Lester DC. Tips for maintaining proper diets in college. *The Shorthorn*. September 27, 2017
- Smith Z. Caffeine: Friend or foe-science knows. *The Shorthorn*. February 11, 2017

## **Intellectual Contributions (continued)**

### **Media: Interviews and Features in Publications(continued)**

#### **Articles (continued)**

Yan, R. Health experts tell how to eat a balance diet. *The Shorthorn*. February 8, 2017

Hoang J. Vegan, vegetarian lifestyle. *The Shorthorn*. February 8, 2017

#### **Video and Films**

*The Oak Cliff Documentary. A Food Justice Story*. Interviewed November 20, 2020. Documentary launch February 2021.

*The Allan B Show with Texas Metro News*. Topic: Nutrition within the African American community, August 21, 2020

#### **Professional Presentations**

The Infamous Binge, UTA Campus Recreation, webinar	November 2023
Eating for Performance, UTA Campus Recreation, webinar	October 2023
Social Eating: Sabotaging your Health Goals, UTA Campus Recreation, webinar	September, 2023
Sports Nutritionists, <i>Guest lecturer</i> , UTA Kinesiology Department, Arlington TX	August 2023
Sports Nutritionists, <i>Guest lecturer</i> , UTA Kinesiology Department, Arlington TX	July 2023
Prevent Bad Habits & Establish Healthy Eating, <i>Guest Lecturer</i> , UTA Nursing Department	April 2023
Connecting Sleep, Nutrition, and Exercise, UTA Campus Recreation (Rec), webinar	April 2023
Emotional Eating and the Gut Brain Connection, UTA Campus Rec, webinar	March, 2023
Healthy Eating for a Busy Life, UTA Women's Faculty & Staff Network, Arlington, TX	February 2023
Protein Debate, UTA Campus Rec, webinar	February 2023
Sports Nutritionists, <i>Guest lecturer</i> , UTA Kinesiology Department, Arlington TX	January 2023
Vitamins and Minerals, UTA Campus Recreation (Rec), webinar	November 2022
Sugar Substitutes, UTA Campus Rec, webinar	October 2022
Eating Out: How bad is it, UTA Campus Rec, webinar	September 2022
Gut Brain Connection, Forefront Living, Dallas, TX	August 2022
Sports Nutritionists, <i>Guest lecturer</i> , UTA Kinesiology Department, Arlington TX	July 2022
The Great Carbohydrate Debate, UTA Campus Rec, webinar	April 2022
The Mediterranean Diet, UTA Campus Recreation, webinar	March 2022
Sports Nutritionists, <i>Guest lecturer</i> , UTA Kinesiology Department, Arlington TX	February 2022
Heart Healthy Eating, Fore front Living, Dallas, TX	February 2022
Gut Bain Connection, UTA Campus Rec, webinar	February 2022
Healthy Eating for Seniors, Forefront Senior Living, webinar	January 2022
Emotional Eating and the Gut Brain, Your Starting Point, webinar	November 2021
Caffeine: to drink or not to drink, UTA Campus Rec, webinar	November 2021
Performance Nutrition, UTA Team Club Sports, Arlington, TX	October 2021
College Eats, UTA Honors Program, Arlington, TX	October 2021
Protein Debate, UTA Campus Recreation, webinar	October 2021
Strategies for Handling Stress and Emotional Eating, UTA Campus Rec, Webinar	September 2021
Fast Cooking for College Students: Cooking Demo, UTA Maventure, Arlington, TX	July 2021
MIND Diet- Cooking Demo, North Texas Alzheimer's Association, Webinar	June 2021
Nutrition Service and Basic Nutrition, UTA Campus Recreation, Webinar	April 2021
Cutting and Gaining, UTA Campus Rec, Webinar	April 2021

Women's Health for African Americans, Zeta Mu Chapter Alpha Kappa Alpha, Webinar	March 2021
Mindful Eating, UTA Campus Rec, Webinar	March 2021
The Weight Loss Dilemma, UTA Campus Rec, Webinar	February 2021
Healthy Eating, Carol's Promise, Webinar	November 2020
More Fruits and Veggies Please, UTA Campus Rec Webinar	November 2020

## **Intellectual Contributions (continued)**

### **Professional Presentations (continued)**

Hydration 101, UTA Campus Rec, Webinar	October 2020
Mirror, Mirror, On the Wall: Body Image, UTA Campus Rec, Webinar	September 2020
Quarantine Eating Tips, UTA Campus Rec, Webinar	May 2020
Healthy Eating for a Busy Life, UTA Maverick Wellness Series, Arlington, TX	February 2020
Timing of Meals, Camp Gladiator Fitness Expo, Denton, TX	January 2020
Eating for the Holidays, UTA Student Affairs, Arlington TX	December 2019
Healthy Eating for a Busy Life, UTA Maverick Wellness Series, Arlington, TX	October 2019
College Eats, UTA Nursing Department, Arlington, TX	October 2019
Exercise, Wellness, and Sleep, UTA Nursing Department, Arlington, TX	October 2019
Sleep Effects on Exercise and Nutrition, UTA, Campus Rec, Arlington, TX	October 2019
Healthy Eating for a Busy Life, UTA Maverick Wellness Series, Arlington, TX	September 2019
College Eats for African Americans, Zeta Mu Chapter Alpha Kappa Alpha, Arlington TX	September 2019
Mindful Eating, UTA Counseling & Psychology Services Staff Retreat, Arlington, TX	July 2019
Mindful Eating, UTA Staff Retreat, Arlington, TX	June 2019
So, you want to be Vegan, UTA, Campus Rec, Arlington TX	March 2019
College Eats, UTA Nursing Department, Arlington, TX	March 2019
Heart Healthy Eating, Kessler Springs Baptist Church, Carrollton, TX	February 2019
Ten Nutrition Myths that Even You Believed, UTA, Campus Rec, Arlington, TX	January 2019
Healthy Eating for a Busy Life, UTA, Student Affairs, Arlington, TX	January 2019
The Keto Diet: What is it and should you do it?, UTA, Campus Rec, Arlington, TX	September 2018
The Truth about GMO: The Good, the Bad, and the Ugly, UTA, Campus Rec, Arlington, TX	April 2018
Eating for Performance, UTA Dance and Cheer, Arlington, TX	February 2018
Eating for the Holidays, Elbit Systems of America, Fort Worth, TX	December 2017
Eating Healthy on the Go, University of Texas- Arlington, Campus Rec., Arlington, TX	November 2017
College Eats, University of Texas at Arlington, Central Library, Arlington TX	October 2017
Healthy Eating for Healthy Life, University of Texas at Arlington, Campus Rec, Arlington, TX	May 2017
Pre and Post Workout Eating, University of Texas at Arlington, Campus Rec, Arlington TX	January 2017
Child Nutrition: The Effects on Behavior, Brookhaven Church, McKinney, TX	November 2016
College Eats, University of Texas at Arlington, Kalpana Chawla Hall, Arlington, TX	October 2016
Sports Nutrition, Little Elm Recreation Center, Little Elm, TX	March 2016
Tips for Weight Loss, Little Elm Recreation Center, Little Elm, TX	February 2016
Sports Nutrition, Aubrey High School, Women's Athletics, Aubrey, TX	August 2015
Nutrition for Your Age, R. L. Turner High School, Health Class, Carrollton, TX	May 2013
Eating for Your Season, R.L. Turner High School, Football, Carrollton, TX	February 2013

## **Professional Certifications and Licensures**

Registered Dietitian Nutritionist	86032709 (effective March 2015)	June 1, 2020-May 31, 2025
Licensed Dietitian- Texas	DT83743	Exp. October 31, 2024

## **Honors and Awards**

Certificate of Appreciation, Women's Faculty and Staff Network, February 2023  
 Who's Who in America for Nutrition and Dietetics Professionals, July 2022  
 National Strength and Conditioning Association Natasha Porter Memorial Scholarship, January 2021  
 Phi Kappa Phi Love of Learning Award, August 2020  
 Certificate of Appreciation, Zeta Mu Chapter, Alpha Kappa Alpha, September 2019  
 Ima Jean Boenker Scholarship, Fall 2019, Fall 2017, and Spring 2013  
 Frisco ISD Independent Study Mentorship Appreciation Award 2019

## **SERVICE**

### **Professional Organizations**

Academy of Nutrition and Dietetics (2013-2018, 2020 to present)  
 Texas Academy of Nutrition and Dietetics (2013-2018, 2020 to present)  
 Sports and Human Performance Nutrition DPG (2021 to present)  
 National Strength and Conditioning Association (2019- present)  
 Cardiovascular Health and Wellbeing DPG (2021 to 2022)  
 Sports, Cardiovascular, and Wellness Nutrition DPG (2016-2018, 2020)  
 American Society for Nutrition (2021 to 2022)  
 Dallas Dietetic Alliance (2020 to 2021)  
 Dietitians in Vegetarian Nutrition DPG (2017 to 2018)

### **Mentoring Activities**

***Dietetic Intern Preceptor***, University of Navarra, Spain January 2021 to May 2021  
 Assisted dietetic intern from Spain to complete 600 hours of practice in dietetics. Provided hands on experience with consultations, speaking engagements, and business development.

***Frisco ISD Independent Study and Mentor***, Frisco, TX January 2019 to May 2019  
 Mentored a Junior at Lebanon Trails High School Independent Study Program. Student was interested in sports nutrition. As mentor provided a guide to help with developing a study to incorporate a vegetarian diet on an athlete. Also provided dietetic experience including taking the student to nutrition lectures, showing her the Pioneer Performance Nutrition Clinic at TWU, and Dallas Dietetic Association events.

### **Community Efforts**

***North Texas Food Bank*** Dallas, TX September 2012 to present



*Cooking Matters Volunteer*

September 2012 to present

Volunteered as a classroom manager and nutrition instructor for the Cooking Matters classes.

## **Community Efforts (continued)**

### **North Texas Food Bank (continued)**

*Cooking Matters AmeriCorps Member*

July 2013-May 2014

Coordinate cooking/nutrition classes for low-income families. Volunteer management. Volunteer appreciation.

### **Dallas Metro**

Dallas, Tx

September 2020 to present

*Volunteer/ Carousel Court Site Pastor*

Help provided snacks for children, thanksgiving meals, and Christmas stockings. Assisted in their Christmas store which provides free toys and clothes for parents to use for Christmas. Help with Dallas Metro Sidewalk Sunday School program where they provide students with snacks.

### **SoupMobile**

Dallas, TX

December 2018 to present

*Feed the Hungry*

Volunteer with bringing ingredients and preparing lunches for homeless in Dallas on a monthly basis.

*Celebrate Jesus Volunteer*

Volunteered to assist with homeless Christmas celebrations.

### **Metro Ministries**

New York, NY

August 2005 to December 2005

Was an unpaid intern with an inner-city ministry. Provided sidewalk Sunday school programs to children in low-income areas. Was in charge of one of the sites in a project area in the Bronx. Visited the children weekly to build relationships and to promote the Sunday School. Additional programs where we gave out food and toys. Outreach programs.

## **Other Organizations**

- **Phi Kappa Phi Honor Society** (April 2012 to present)
- **Golden Key International Honour Society** (Lifetime member) (September 2012 to present)
- **Phi Sigma Pi Honor Society** (February 2023 to present)
- **National Society of Leadership and Success** (August 2016 to present)
- **North Texas Dance Council** (June 2021 to 2022)
- **National Association for the Advancement of Colored People** (January 2018 - 2019)

## **References**

### **K. Shane Broughton, PhD**

Chair

Professor

Department of Nutrition and Food Science

Texas Woman's University

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### **Nancy DiMarco, PhD, RDN, CSSD**

Professor of Nutrition Emerita

Department of Nutrition and Food Science

Texas Women's University

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### **Rigby Rhett, PhD, DSPS, NSCA-CPT**

Associate Professor, Health Promotion and Kinesiology

Co-Director, Institute for Women's Health

Chair, Institutional Review Board

Texas Women's University

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### **Jeremy Roden MS, CSCS, NSCA-CPT**

Assistant Director, University Wellness

Department of Campus Recreation

University of Texas at Arlington

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