



Sahar S. Berjis, RD, MPH, CDN

**Photo
Coming
Soon**

Sahar has a Bachelors Degree in Dietetics and a Masters in Public Health. She has been involved in the development and implementation of many health education materials some of which focus on wellness, adolescent and adult obesity, women's health, alternative healing and failure to thrive. She has shared her talents with the community on numerous occasions lecturing at New York University on healthy eating tips along with numerous talks on healthy snacking for kids, wellness and correlation between diet and disease.

Through the years she has worked as a consultant with various profit and the non profit organizations. She has worked as a registered dietitian with the homeless population of New York City and conducted in-service trainings to both clinical and non-clinical staff. Being bi-lingual in Spanish and English, she has worked as a registered dietitian with LA Weight loss, overseeing all weight & nutritional issues in North, Central and South America. She was one of the first dietitians who traveled with Montefiore Hospital to help Katrina Victims in Mississippi. She has also volunteered with a Non-Government Organization in Ecuador providing health care for the underserved population.

She was the guest speaker in 2004 for the NJ Certified Renal Nutrition conference. Her work was published in the August 2005 American Dietetic Association Journal. She has done poster presentations for the 2005 Food & Nutrition Conference Exposition & Health Care for Homeless conference.

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