



Suzanne Ickes, RDN,CNSC,LDN

Registered Dietitian/Nutritionist

Author - Presenter - Health Care Professional

CONTACT

 484-788-1255

 lckesRD@ptd.net

 Bethlehem PA 18018

EDUCATION

Bachelors of Science in
Nutrition - Penn State
University

Dietary Internship-Sodexo

Certified in Clinical Nutrition
Support.

AND certificate in child weight
mangement

EXPERTISE

- Public Speaking
- Nutrition Assessment
- Enteral/parenteral nutrition
- Cholesterol reduction
- Plant forward diets

PROFILE

My expertise is the ability to help people understand complex nutritional concepts and then empower them to improve the quality of their lives. I have worked in hospitals, nursing homes, worksite wellness programs, private practice, government agencies, dialysis centers and with food service. I study both western and eastern nutrition. I have worked with thousands of people and have the background and desire to present information in an engaging and fun manner.

WORK EXPERIENCE

In-patient Clinical Dietitian

Lehigh Valley Hospital Network/Sodexo 2008 - Present

Assessing, monitoring, and providing recommendations regarding nutritional needs for ICU, medical/surgical and behavioral health patients. Interventions include recommendations for parenteral and enteral feedings, nutritional supplementation and dietary guidelines to improve nutrition related conditions. I am recognized by my peers as an excellent educator and presenter.

Private Practice

2002-2014

Nutrition counseling for medical disorders and well-being. Contracted provider for multiple health care insurances. Provided services for adults and children. Authored "The Soluble Fiber Solution" based on clinical outcomes observed with clients who lowered LDL cholesterol with dietary change.

Worksite Wellness Programs

Wellness Press 1987 - 2014

Provided large group presentations to employees on food, fitness and health topics. Assisted with health fairs, biometric screenings, cooking demonstrations and other services. Sample corporate sites included BMW, Medco, Lehigh University, Bethlehem Steel. Presented to dietitians on business skill topics. Represented Wellness Press Products at Academy of Nutrition and Dietetics exhibits for over 10 years.

SKILLS

- Public Speaking
- Nutritional Counseling
- Mac Pages
- Power Point
- Windows

Pennsylvania Dietetic Association
Reimbursement Chair 2016
Award and scholarship committee

Vegetarian Nutrition Group
Member since 2007
Practice Group of the Academy of
(Dietetics and Nutrition)
Past Secretary
Currently running for Chair Elect

INTERESTS

- Cooking
- Ayurveda
- Biking
- Hiking
- Travel
- Sustainability
- Reimbursement for dietitians

WORK EXPERIENCE CONTINUED

McNeil Nutritionals, LLC a Johnson and Johnson company /
2006 - 2007
Research and Development dietitian for the SPLENDA, LACTAID
and BENECOL Brand Products.

Renal

Public Health

Long term care

Adolescent weight management

Agency on Aging

Private Hospital Consultant Dietitian

REFERENCE



Kim Procaccino MS RD
Clinical Dietitian Manager
Sodexo/Lehigh Valley Health Network
610-577-5128
kim.procaccino@lvhn.org



Ann Flickinger MS RD
Clinical Dietitian Manager
Sodexo/Muhlenberg Hospital
484-357-7368
ann.flickinger@lvhn.org



Denice Ferko-Adams MS RD
CEO Wellness Press
610-751-9512
Denice@WellnessPress.com



Pat Sullivan MS RD
Juice Plus District Manager
610-509-9383
psullivan.juicplus.com

