

**Shannon Jordan** RDN, CDCES

Saturday, December 6  
9:30am-11am PST

## **Beyond the Meal Plan: What Registered Dietitians Do (& Don't)**

**Shannon Jordan** is a Registered Dietitian with more than 20 years of experience helping individuals build healthier relationships with food. She believes that nourishing the body well supports physical, mental, and emotional wellbeing, and partners with patients to make realistic, sustainable changes that fit their lives. Her approach blends evidence-based nutrition with compassionate, patient-centered care.

Shannon received her Bachelor of Science in Nutritional Science, with a minor in Chemistry, from San José State University. She completed her dietetic training through San José State University and Dominican Hospital, becoming a Registered Dietitian in 2001. While she is passionate about all nutrition as it relates to chronic disease, her areas of expertise include Diabetes, Weight Management, Eating Disorders and Cystic Fibrosis.

Outside of her work, Shannon enjoys spending time outdoors—camping, going to the beach, and exploring local parks with her husband and two children. She resides in Santa Cruz County with her family, where she was born and raised.

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[JOHN@EDRCSV.ORG](mailto:JOHN@EDRCSV.ORG) BY DEC. 4

