

# California State University, Sacramento

Dietetic Interns

2024-2025



**SACRAMENTO  
STATE**



**ALYSSA  
AMARAL**  
*she/her*

Hello, my name is Alyssa Amaral. I am originally from Gonzales, CA located in Monterey County. I began my undergraduate studies at Monterey Peninsula College and transferred to California Polytechnic State University, San Luis Obispo where I obtained my B.S. in Nutrition with an Applied Nutrition concentration. During undergrad, I held several jobs in three different areas of Food Service. I worked for two years in fast food, half a year in campus dining, and one year in hospital food service. Throughout these jobs I gained experience in food safety and sanitation practices. Growing up, my relationship with food was dictated through the way my family saw it. In their eyes, if you didn't finish your entire plate or "eat enough," you were not healthy. As I grew up, I found that this stemmed from my father being from Portugal where he and his family had a lack of access to proper nutrition. The dietary habits my family instilled in me continue to push me to break the cycle and create a healthier mindset when it comes to nourishing myself as an adult. Growing up with this ideology makes my education in nutrition more impactful as I continue to make strides in my own health journey by developing a different approach towards dietary choices. Most recently, I have been interested in nutrition for animals since I adopted two cats. I have done research to improve their diet to provide them with food that is biologically appropriate for them to receive the essential nutrients they need. In my free time, I enjoy cooking, trying new foods, spending time with friends and family, and researching new ways I can improve the health of my two cats.



**LESLIE  
AVINA**  
*she/her*

Leslie graduated from California State University, Sacramento with a Bachelor of Science in Nutrition and Food, with a concentration in Dietetics. While at Sacramento State, she interned with the Delta Health Care Clinic WIC Program, where she shadowed a certified nutritionist, and developed a presentation and infographic on the health benefits of dairy products. Additionally, Leslie was a Peer Health Educator for Student Health Counseling & Wellness Services (SHCWS), where she promoted nutrition education through workshops, presentations, and social media content. She also provided peer nutrition advising to students on topics like food security, meal planning, and budget-friendly eating strategies. Her dedication and leadership abilities led her to become a Nutrition and Advising Student Assistant for SHCWS, where she had the privilege of working closely with a Registered Dietitian. She mentored nutrition student interns, promoted CalFresh Outreach, and facilitated CalFresh Healthy Living workshops. Moreover, Leslie also led a Body Project workshop for students that focused on fostering a positive relationship with their bodies. Leslie's passion for nutrition stemmed from her mother's home-cooked meals. Throughout her upbringing, she learned about the importance of having proper food and nutrition as a basic necessity. This inspired her to pursue an education in nutrition, where she then discovered the significant connection between nutrition, physical activity, disease prevention, and body positivity. Her aspirations include becoming a Registered Dietitian specializing in behavioral and community nutrition; however, she also has an interest in policy and advocacy. In her downtime, Leslie loves outdoor running, going to the gym, and baking.



**BRIANA  
DEWEESE**  
*she/her*

I graduated with a Bachelor of Science in Nutrition and Dietetics from Sac State. During my time at Sac State, I completed an internship with the Elk Grove Unified School District, where I assisted in culturally adapting school menus, developing new recipes, and educating staff on vegan and vegetarian diets. In addition to my academic achievements, I have over eight years of experience as a Diet Therapist in the Air Force Reserves. My work has spanned hospitals, clinics, and deployment environments, where I honed my skills in nutritional assessment, patient education, and clinical nutrition management. My time at Tripler Army Medical Center was particularly impactful, allowing me to positively influence patients' health through medical nutrition therapy while collaborating with a diverse healthcare team. My experience also includes working in the food service industry at LifeCafe and Jersey Mike's, where I supervised and trained team members, gaining valuable insights into food safety, efficiency, and cooking methods. Most recently, I worked at Sac State's Population Research Center, conducting public health surveys and gathering nutrition-related data, which deepened my appreciation for the role of research in public health and policy. On a personal note, I am a new mom to my son, Cayden, and married to my husband, Bobby. I am passionate about family, staying healthy in mind, body, and soul, and serving our nation. In my spare time, I enjoy cooking for family and friends, going on bike rides, training for half marathons, and practicing my violin skills. My journey to becoming a Dietitian was inspired by many life events, particularly seeing firsthand how food provides nourishment, joy, and brings people together. I am passionate about culturally competent care and have conducted research on dietary practices across different ethnic groups to create personalized nutrition plans. As a dietetic intern, I am committed to applying my knowledge and skills to improve nutritional outcomes in diverse communities. My goal is to become a registered dietitian in a clinical setting while continuing to serve as a Dietitian Reservist, advocating for holistic and culturally sensitive health approaches.



**KYOKO  
HALL**  
*she/her*

Kyoko Hall received her B.S. in Applied Nutrition from California Polytechnic State University, San Luis Obispo in 2023. At Cal Poly, Kyoko explored her love for nutrition by working part-time at a local bakery and volunteering as a Peer Health Educator at the campus health center. Kyoko discovered her interest in nutrition and health equity, particularly in encouraging diversity and culturally tailored care. As a Peer Health Educator, she created a program to highlight ethnic foods and their nutrition benefits. In Sacramento State's MS/DI program, Kyoko is dedicated to learning how to ensure equitable care for underrepresented communities and advocate for changes in the dietetics field. Kyoko's research in the Master of Science in Nutrition program examines cultural food perception and social media. Kyoko's passion for nutrition is grounded in her Japanese culture, which continues to inspire her to explore food as a form of love and healing. In 2022, Kyoko interned at a nutrition consulting company called Eatas Inc. in Fukuoka, Japan. Kyoko learned immensely from the RDs at Eatas and felt inspired by their commitment to making nutrition enjoyable and accessible to any lifestyle. This experience solidified Kyoko's desire to become an RD. Outside of the classroom, Kyoko spends her time trying new coffee shops, watching sitcoms, catching up with friends, and waitressing at a sushi restaurant.



**SEBASTIAN  
RECOSTODIO**  
*he/him*

My name is Sebastian Recostodio and I am excited to be a part of the first cohort of the dual Master's and Dietetic Internship here at Sacramento State. I also completed my undergraduate here at Sacramento State earning both a BS in Nutrition & Food as well as Exercise Science. During my undergraduate time I had the opportunity to help collegiate athletes here at Sacramento state with their nutrition and I was able to help all students by promoting food access and teaching culinary skills at the Student Health and Counseling Services. I have an interest in both sports nutrition as well as food service management but I am really excited to explore many other areas of dietetics through this program. I am Sacramento born and raised and have a lot of love for this city and this campus. In my free time I like to explore the culinary world through cooking and finding new food spots; you can also find me trying to stay active whether that be at the gym, snowboarding, or playing team sports.



**RACHEL  
VICTOR**  
*she/her*

Hello, my name is Rachel Victor. I am from Sacramento, California where I graduated from California State University, Sacramento with my B.S. in Dietetics in 2022. I earned my M.S. in nutrition from California Polytechnic State University, San Luis Obispo in 2024. While earning my master's, I was a part of the sports nutrition team as a research assistant and served the student athletes with personalized nutrition counseling, providing food, and allocating resources. I also conducted research on the caloric and micronutrient intakes of female Cal Poly athletes to recognize how their intakes meet or do not meet their recommendations. I have also worked in food service as a server for over six years. I ran cross country and track and field in high school and both at Sacramento State and Cal Poly which is what sparked my interest in nutrition. I wanted to understand and achieve proper nutrition to be the best athlete I could be. This opened the door for me to discover how nutrition can impact not only athletes, but also general health and quality of life. I strive to establish a career in nutrition education and counseling, infant and maternal nutrition, or sports nutrition. In my free time, I enjoy running, playing volleyball, cooking, and being with my friends and family. I am excited to enter the world of nutrition and hope to positively impact the lives of many.



**JOANN  
YANG**  
*she/her*

JoAnn graduated from San Jose State University and received a Bachelor of Science degree in Nutrition Science and her ACEND verification from the University of Houston. Her passion for nutrition started at a young age when she attended a school assembly on heart health. The guest speaker proceeded to take an anatomic model of a human heart and slabbed a piece of white lard over it. That was the moment she realized the power of nutrition education - the good and the bad. She recently worked as a dietary assistant at the Eating Recovery Center in Houston. Because of this, JoAnn hopes to continue to work with the eating disorder community and help them build a more peaceful relationship with food. She is empowered to work with marginalized communities, specifically non-white or BIPOC, to make nutrition relatable and accessible to all cultures. She believes the future of this field should be filled with optimism. There is so much negativity regarding nutrition-related topics - celebrity diet tips, misinformation on social media, and messages on how to be someone other than you. With more focus on mental health, understanding nutritional needs, and weaving in culture and diversity, JoAnn hopes to help rebuild years of damaging messages. Not only should we be kind to others, but we should also work on being kind to ourselves. This year as an MS/DI student, JoAnn will be working on her thesis, titled "Race/Ethnicity, Gender Identity, and Sexual Orientation Differences in Self-Reported Eating Disorders Among Food Insecure CSU Sacramento College Students", aiming to understand better the complexity of identity intersectionality and how it can potentially improve nutrition interventions. During her free time, JoAnn enjoys spending time with her family, going on walks, reading, going to the gym, and exploring coffee shops.



**JEN  
ZHU**  
*she/her*

Hello everyone, my name is Jen! I was born and raised in China, spent four years of high school in Ohio, and then I came to California for college. I graduated from UC Davis with a major in Clinical Nutrition and a minor in Animal Science, and I am currently a second-year student in the Master's of Nutrition and Dietetic Internship (MS/DI) Program at Sac State! Throughout my undergraduate and graduate schooling, I have worked as a food service worker, a supervisor, and as a nutrition intern with a campus dietitian at different dining commons. I have also worked as a research assistant in an animal nutrition research lab. As I start my internship this year, I hope to build independence and confidence in my professional skills and abilities. In my free time, I enjoy watching shows and anime, taking walks, reading, listening to podcasts, working out with friends, or anything outdoorsy.