

Avril Regina Álvarez Téllez

NUTRITIONIST | CLINICAL NUTRITION

[WhatsApp](#) | [Correo](#) | [LinkedIn](#) | Coacalco, State of Mexico

PROFESSIONAL PROFILE

Recent Nutrition graduate with hands-on experience in outpatient nutritional care and hospital settings. Experienced in patient care, developing personalized meal plans, nutritional screening, and delivering nutrition education on a range of health conditions. Seeking to join a healthcare team where I can apply my knowledge, gain professional experience, and continue developing in clinical nutrition, with a long-term interest in sports nutrition.

PRACTICAL EXPERIENCE

Hospital Polanco — Coacalco Unit | Integrated Internship | 2024

- Provided nutritional care to more than 150 patients during an intensive 2-month period, maintaining a workload of 3 to 5 consultations per day, Monday through Friday.
- Developed approximately 50–70 personalized meal plans and conducted nutritional screenings.
- Applied food hygiene and handling standards to help prevent contamination.
- Monitored meal delivery to ensure food reached patients at the appropriate temperature and within the required timeframe.
- Supervised meal tray distribution to patient rooms and designated hospital areas.

ISSSTE Family Medicine Clinic, San Cristóbal | Outpatient Internship | 2022

- Provided nutritional care to patients with different health conditions.
- Developed personalized meal plans.
- Provided nutritional guidance and counseling to patients.
- Delivered 8–10 nutrition education sessions on diabetes, hypertension, breastfeeding, dyslipidemia, fatty liver disease, and sexually transmitted infections (STIs), for patients' family members and staff in the waiting area.

EDUCATION

Universidad Tecnológica de México (UNITEC) | Bachelor's Degree in Nutrition | 2021–2025

PROFESSIONAL COMPETENCIES

- Clinical Nutrition and Nutritional Care
- Nutritional Assessment and Screening
- Personalized Meal Plan Development
- Nutrition Education
- Multidisciplinary Collaboration with Healthcare Professionals
- Patient Empathy and Active Listening
- Patient Follow-up and Motivation

KNOWLEDGE AND TOOLS

Nutrimind | Microsoft Word: Advanced | Microsoft PowerPoint: Intermediate | Microsoft Excel: Basic | Microsoft Outlook: Basic

English: Intermediate (B1) | Certification in progress

ADDITIONAL TRAINING

- Evidence-Based Nutritional Supplementation During Menopause
- Smart Hydration for Athletes

CAREER OBJECTIVE

To join a healthcare organization, clinic, or hospital where I can further develop my professional experience as a nutritionist, contribute my knowledge of nutritional care, and continue specializing in clinical nutrition, with a long-term interest in sports nutrition.