

KAREN REZNIK DOLINS, EdD, RD, CSSD, CD-N
Board Certified Specialist in Sports Dietetics
Registered Dietitian, Certified Dietitian-Nutritionist
914-391-2982
914-723-6620 FAX
e-mail: karen.dolins@gmail.com

***Nutrition Educator and Exercise Physiologist specializing in
health promotion, sports nutrition and clinical dietetics***

Current

- 1985-Present** **Private Practice**, White Plains, NY
Nutrition education and counseling for sports nutrition, adolescent nutrition, therapeutic diets, disordered eating, and weight control.
- 1998-Present** **Teachers College Columbia University** New York, NY
Adjunct Associate Professor, Dept. of Health and Behavior Studies, Nutrition and Exercise Physiology Specialization
- 2015-Present** **New York University** New York, NY
Adjunct Associate Professor, Dept. of Nutrition and Food Studies
- 2016-Present** **Iona College**
Sports Nutritionist
- 2016-Present** **NYNJ Track Club**
Nutrition consultant to professional athletes
- 2014-Present** **USOC Sport RD Registry**
- 2009-Present** **Con Petire Tennis**
Nutrition consultant to tennis academy
- 2014-Present** **Promesa Head Start** Bronx, NY
Nutrition consultant
- 2005-Present** **Maple Syrup Urine Disease Family Support Group**
Newsletter Editor, Board Secretary, Research Lead

Past Experience

- 2009-2011 **Columbia University Intercollegiate Athletics and Physical Education**
Sports Dietitian
Provide team workshops, coaches workshops, and individual counseling for 19 sports teams in Division 1 school.
- 2002-2008 **Altheus Health and Performance Center**, Rye, New York
Director of Nutrition
Create and implement nutrition component of programs designed to help clients achieve health and fitness through the integration of nutrition, coaching, psychology, and physical therapy
Create and implement Weight Management Program for Adults and Kids
Provide nutrition services to high performance tennis athletes aged 9-adult including world class/professional players

Sports Nutrition Programs and Workshops (sample):

- *Cirque du Soleil
- *Lake Placid Ironman Triathlon
- *USTA Coaches Workshop
- *USA Gymnastics – Athlete Wellness Course
- *Empire State Games
- *Meadowlands Sports Care Symposium
- *New York Cycle Club
- *Port Chester Middle School
- *Rye Neck Middle and High School
- *WNBA Rookies Orientation

- 1995-2006 **New York Knickerbockers**
Nutrition Consultant to NBA team
- 1985-2006 **Mid-Westchester Medical Group**, White Plains, NY
Nutrition Consultant to cardiologists, endocrinologist, internists
- University of New Haven** New Haven, CT
Adjunct Professor of Nutrition
- New York Rangers**
Provide nutrition recommendations at training center
- 1982-87 **Westchester County Medical Center**, Valhalla, NY
Clinical Dietitian
Formulate and implement nutritional care plans for medical and surgical patients.
Conduct patient classes and in-services for medical and nursing staff.

CORPORATE WELLNESS

Pepsico Purchase, NY

Nutrition Consultant – Medical Department – Help corporate physician in the development of a weight management program focusing on women with health concerns. Present workshops and provide one-on-one counseling for employees.

Merrill Lynch New York, NY

Nutrition Consultant - Health Care Services - Provide educational seminars and counseling for physicians, nurses and employees. Evaluate food service and develop strategies to improve nutritional quality of cafeteria foods.

Columbia University Work-Life New York, NY

Nutrition Consultant – Develop and implement workshops for employees

PaineWebber Weehauken, N.J.

Nutrition Consultant - Fitness Exchange - Create and present "Nutrition for the Nineties", an employee health promotion series. Coordinate nutrition and fitness center programs.

Other corporate accounts include:

AT&T, Fashion Institute of Technology, Mutual of New York, IBM, Goldman, Sachs & Co., Macy's

PROFESSIONAL CONSULTATION

The Quaker Oats Co. - Gatorade, Chicago, IL

Nutrition Consultant - Coauthor of "Nutrition, Weight Control and Body Composition" a Gatorade Sports Nutrition Speakers Network Workshop for coaches and athletic trainers.

Member, Sports Nutrition Speakers Network 1990 to 2012

Pepsico Purchase, NY

Provide nutrition consultation services as needed to Dept. of Public Affairs and Gatorade

Weight Watchers International

University of Minnesota, Fleischmann's Cholesterol Management Program

ITT Sheraton

SPEAKING ENGAGEMENTS

- 2019 Webinar: So, Your Metabolic Patient is an Athlete: Integrating Sports Nutrition Concepts for Patients with Amino Acidopathies
- 2018 Genetic and Metabolic Dietitians International (GMDI) Symposium – Sports Nutrition and Inborn Errors of Metabolism
- 2017 Greater NY American College of Sports Nutrition-Nutrition for the Injured Athlete
- 2016 Food and Nutrition Expo (FNCE) Academy of Nutrition and Dietetics-Playing Within the Lines: Nutrition and Exercise Professional Roles Providing Physical Activity Advice
- 2015 American College of Sports Medicine Greater NYNJ-Protein Needs of the Athlete
- 2014 NBA Players Association Top 100 Camp: Nutrition for the Elite Basketball Player
- 2012 Drexel University Sports Nutrition Conference-Lose Fat Gain Muscle: Weight Management for Athletes
- 2012 Pace University – Sports Nutrition Workshop
- 2011 Manhattan College Men's Basketball -Gaining the Edge
- 2011 Manhattan College Women's Basketball – Gaining the Edge
- 2011 Columbia University Work/Life – Are Grapes Fattening?
- 2010 University of Rochester – Sports Nutrition
- 2009 Riverdale Country School – Sports Nutrition Workshop for Coaches
- 2009 Westchester Road Runners – Nutrition for the Female Runner
- 2008 PuckAgency – Fueling and Hydration for Competitive Ice Hockey
- 2008 Velocity Performance – Sports Nutrition Myths and Facts
- 2008 MasterCard Women's Health Summit – Myths and Realities of Weight Management
- 2008 New York State Dietetic Association Annual Meeting – Sports Nutrition Myths and Facts
- 2007 Sports and Cardiovascular Nutritionists Annual Symposium - Fueling the Junior Tennis Athlete: An Integrated Perspective
- 2007 New York State Safety Conference – "Hydration and Avoiding Heat-Related Illness"
- 2007 Steps to a Healthier Lifestyle for All Ages – Be Fit Westchester Anti-Obesity Campaign
- 2006 Westchester-Rockland Dietetic Association – "Fueling the Teen Athlete"
- 2005 USTA Coaches Conference – Nutrition Case Studies
- 2005 Columbia University Institute of Human Nutrition – Obesity Workshop "The RD and the MD, Integrating Exercise for Weight Loss"
- 2004 Columbia University Institute of Human Nutrition – "Fluids and Alcohol"
- 2004 Westchester-Rockland Dietetic Association – "Update on Sports Nutrition"
- 2004 BOCES Coaches Workshop: Sports Nutrition for the High School Student
- 2003 Cornell Cooperative Extension Annual Food and Fitness Conference "Separating Fact from Fiction in Sports Nutrition"
- 2003 Byram Hill Schools "Sports Nutrition for the High School Athlete"
- 2002 Sports & Cardiovascular Nutritionists Conference "Sports Nutrition Sustenance for Endurance Athletes" and "The Female Athlete Triad"

2002 US Squash Racquets Association Coaches Clinic at Brown University
 2002 Virginia High School Coaches Association "Power & Performance: Winning in the Heat of Competition"
 2002 WNBA Rookie Orientation
 2002 Cornell Cooperative Extension Annual Nutrition Concerns Conference "Sports Nutrition: What Works and What Doesn't for Optimal Performance"
 2001 American Medical Athletic Association's Sports Medicine Symposium "Race Day Nutrition"
 2001 New Jersey Dietetic Association Annual Meeting "Sports Nutrition in the Trenches"
 2001 Kentucky Strength and Conditioning Association
 2000 Lake Placid Triathlon "Fluids and Hydration for Ultraendurance Sport"
 1999 American Medical Athletic Association's Sports Medicine Symposium "Sports Nutrition for the Female Athlete"
 1998 New Jersey Public Health Association "Combating Nutrition and Exercise Myths"
 1997 New York Marathon Expo "Fluids and Hydration"
 1995 St. Luke's-Roosevelt Hospital Conference on Sports Nutrition "Vitamin and Mineral Use in Athletes"
 1994 Westchester Rockland Dietetic Association "Leadership, Mentoring, and Networking"
 1994 Sports and Cardiovascular Nutritionists (SCAN) Regional Sports Nutrition Workshop
 1994 SCAN Annual Symposium *Wellness at the Crossroads*
 "Keeping Current: Innovations in Worksite Nutrition Programs"
 1994 Metropolitan Athletic Congress "Think Fluids"
 1994 Lafayette College NCAA Athletic Workshop
 1994 Greater New York American College of Sports Medicine Sports Nutrition Workshop - Case Studies
 1994 Tri-State Camping Conference "Turning the Mess Hall Table into a Training Table"
 1993 Sports Medicine Conference Mid Hudson Consortium "Nutritional Aspects of Sports Medicine"
 1993 ECAC Spring Conference "Nutrition Fundamentals for Performance"
 1993 Mississippi Dietetic Association "Sports Nutrition Update"
 1992 Empire State Games - New York State Athletic Trainer's Association "Nutrition Fundamentals for Performance"
 1992 Athletic Trainer's Society of New Jersey "Nutrition, Weight Control and Body Composition"
 1992 SCAN Annual Symposium "Winning Strategies on Sports Nutrition" Roundtable leader
 1992 USA Coaches Clinic Football, Myrtle Beach "Nutrition Fundamentals for Performance"
 1992 Slippery Rock University "Benefits of Proper Nutrition on Physical Performance"
 1992 New York Cycle Club "No More Fat Tires"
 1991 Edgemont High School "Nutrition Considerations for Wrestlers"
 1991 Downtown Athletic Club "Performance Foods and Drinks"
 1991 Sports Medicine Update for the HS Football Coach "Nutrition Fundamentals for Performance"
 1991 USA Coaches Clinic "Nutrition Fundamentals for Performance"
 1991 Westchester Dietetic Association "Nutrition, Stress and Exercise"
 1991 3rd Annual Meadowlands Sports Care Symposium "Nutritional Considerations for the Athlete"
 1988 Empire State Games "Sports Nutrition Seminar"
 1988 Westchester Dietetic Association Breakfast for the Legislators "Nutrition Legislation"
 1988 Westchester County Medical Center "National Nutrition Month"
 1987 2nd Annual Westchester County/Citibank Women's Health Conference "The Magic Cure"
 1986 1st Annual Westchester County/Citibank Women's Health Conference "Nutritional Needs of Women"
 American Cancer Society "Taking Control"
 American Lung Association
 Older Women's League of Westchester "Nutrition and Exercise"
 American Diabetes Association/New York Downstate Affiliate "Diabetes Basics: Focus on Nutrition"
 Scarsdale Elementary Schools "You Are What You Eat"

PUBLICATIONS

Karpinski, Christine A., **Karen Reznik Dolins**, and Jessica Bachman. "Development and Validation of a 49-Item Sports Nutrition Knowledge Instrument (49-SNKI) for Adult Athletes." *Topics in Clinical Nutrition* 34.3 (2019): 174-185.

Bachman J, Karpinski C, **Dolins K** Development and Validation of a 49-Item Sports Nutrition Knowledge Instrument (49-SNKI) for Adult Athletes: FNCE Poster 2017 **Outstanding Abstract at FNCE® 2017 Award**

Dolins K et al Collaborative Care Opportunities for Nutrition and Exercise Professionals in Weight Management *ACSM's Health and Fitness Journal* May 2017

Dolins, K and Coleman, E. Diet, Exercise and Fitness: The Essentials of Sports Nutrition. OnCourse Learning 2017

Dolins K. Nutrition Assessment of the Athlete In: Karpinski C *Sports Nutrition Care Manual 6th Edition* September 2017

Manore, M. M., Hand, R. K., Liguori, G., Bayles, M., Dolins, K., et al. Knowledge and Beliefs That Promote or Hinder Collaboration among Registered Dietitian Nutritionists and Certified Exercise Professionals—Results of a Survey. *Journal of the Academy of Nutrition and Dietetics*. 2016

Dolins K and Coleman E. Using Protein to Maximize Athletic Performance *Nutrition Dimensions* 2014

Dolins K Protein: How Much is Enough? *Scarsdale Inquirer* October 2011

Dolins. In the Dark. *Training and Conditioning* November 2010

Dolins. "At Peace with Food" *Scarsdale Inquirer* October 2010

Kim and Dolins. Analyzing the dietary intake of junior tennis players *Medicine and Science in Tennis* 14(1):2009

Dolins. "Antioxidant Update" MSUD Family Support Group Newsletter, Winter 2009

Dolins and Gillis. The Effects of Exercise on Resting Metabolic Rate. The Grapevine 2009

Dolins. Exercise and Energy: Food for Fuel. Scarsdale Inquirer 2008

Akabas and Dolins. How Men and Women are Different: A Nutrition and Fitness Perspective in The Nation's Nutrition, Deckelbaum 2007

Dolins and Heaner. Sports nutrition for children in Pediatric Nutrition in Chronic Diseases and Developmental Disorders Prevention, Assessment, and Treatment Second Edition Edited by Shirley Walberg Ekvall and Valli K. Ekvall 2005

Dolins and Akabas. Micronutrient requirements of physically active women: what can we learn from iron? *American Journal of Clinical Nutrition* 81(5):2005

Dolins. "How Dry I Am" *Tennis Week* 32(1):2005

Dolins. "Effect of Variable Carbohydrate Intake on Exercise Performance in Female Endurance Cyclists" *International Journal of Sport Nutrition and Exercise Metabolism* 13(4):2003

Dolins. "Rethinking Sports Nutrition Advice for Women" *ACSM's Health & Fitness Journal* Sept 2000

Dolins. "That Weighty Question" *Handball*/United States Handball Assoc Feb 1997

Dolins. "Carbohydrate Supplements to Fight Fatigue" *Performance Conditioning for Soccer* Spring 1995

Dolins. "Eating Disorders: Prevention and Education" *National Federation News* National Federation of State High School Associations September 1994

Dolins. "Buttering Up the Margarine Story" *Reporter Dispatch* Nov. 92

Dolins. "Sports and Cardiovascular Nutrition" The Entrepreneurial Nutritionist, Helm, 1992

Dolins. "SCAN's Vision Comes Into Clear Focus" *SCAN'S Pulse* 1990-91

Dolins. "Enjoying Holiday Meals with Health" *Women's News* 1990

Dolins. "Food Labels: Reading the Fine Print" *Women's News* 1989

Dolins 2019

Dolins. "Good Eating Becomes Ingrained" *Women's News* 1989
Dolins. "The Best Diet For You" *Brides Magazine* 1989

EXPERT REVIEW

Sports Nutrition: A Manual for Professionals 2011 and 2017
ACSM's Health & Fitness Journal - Advisory Board Member
O'Donnell, A. PDR Family Guide to Nutrition and Health Medical Economics Date, Exp. publication
1995 Montvale, NJ
Kris-Etherton, P.M. Cardiovascular Disease: Nutrition for Prevention and Treatment 1990 American
Dietetic Association, Chicago, IL
"Stepping Out Kit" 1993 American Dietetic Assoc., Chicago, IL
Fleishmann's Cholesterol Management Program 1991 Nabisco Brands, Inc.
Moser, M. Week By Week to a Strong Heart 1992 Rodale Press, Emmaus, PA
Benardot, D. Sports Nutrition: A Professional's Guide to Working with Active People 1993 American
Dietetic Assoc., Chicago, IL
The Physician and Sportsmedicine McGraw-Hill Healthcare Publications - Nutrition Column

MEDIA

YouTube – Segment on Weight Management 2009
Discovery News – Expert for segment on female endurance athletes 11/99
"Close Up" TCI Cable of Westchester 12/92
Frequently cited is a nutrition expert in a variety of publications including Gannet Newspaper Chain,
Self, Runner's World, Men's Health, Women's World, Westchester, More, and more

PROFESSIONAL RECOGNITION

Academy of Nutrition and Dietetics Outstanding Abstract "Development and Validation of a 49-Item
Sports Nutrition Knowledge Instrument (49-SNKI) for Adult Athletes" 2017
Journal of Medicine and Science in Tennis "Tennis Science Research Award 2009"
SCAN Achievement Award 2005
Zerkowski Habas Foundation Scholarship for academic year 1998-1999
Recognition of Service Award - American Dietetic Association 1991
American Dietetic Association Recognized Young Dietitian of the Year - 1988

PROFESSIONAL MEMBERSHIPS

Sports and Cardiovascular Nutritionists (SCAN),
a dietetic practice group of the Academy of Nutrition and Dietetics
Chairman 1990-91
Chair-Elect 1989-90
Treasurer 1987-89
Annual Symposium Chair 2005
Director of Membership 2016-19

American College of Sports Medicine
Greater New York Chapter - Chair Sports Nutrition Workshop 1994

Academy of Nutrition and Dietetics

New York State Dietetic Association
Licensure Co-Chair 1987-88
Annual Meeting Finance Chair 1991-92

EDUCATION

EdD Teacher's College, Columbia University – Nutrition Education
Dissertation Topic: "Carbohydrate Requirements of Female Endurance Athletes"
February 2001

MEd Teacher's College, Columbia University - Applied Physiology, May 1999

M.A., New York University, New York, N.Y. 1982 - Home Economics/Nutrition
Omicron Nu Honor Society

Traineeship, Mental Retardation Institute, Valhalla, NY 1982

B.A., Washington University, St. Louis, MO 1977 - Biology

American Heart Association, New York, NY 1983 - Nutrition Counseling and Cardiovascular Disease
Workshop

ATHLETIC PURSUITS

Triathlete

Recreational running, biking, scuba diving

Sea kayaking in Glacier Bay, Alaska

Climbed to summit of Mt. Kilimanjaro, Tanzania

VOLUNTEER ACTIVITIES

Maple Syrup Urine Disease (MSUD) Family Support Group, Newsletter Editor and Board Secretary
Meals-on-Wheels White Plains, Board Member
Community Garden, Scarsdale, NY