lauramangum rd,ld
eat right. be fit. live well.

Laura Mangum, RD, LD
Consulting Dietitian
Round Rock, TX
731-8679

PROFESSIONAL WORK EXPERIENCE

CLINICAL:	Seton Medical Center, Austin, TX Brackenridge Hospital, Austin, TX St. Joseph Hospital, Houston, TX The Institute of Research and Rehabilitation (TIRR, Houston, TX St. David's Georgetown Hospital, Georgetown, TX	
LECTURING:	Southwestern University, Sports Nutrition course, Weight Management course, staff Healthy Eating/Eating Disorder prevention, students	
SPORTS NUTRITION:	Southwestern University – work with athletic department in counseling athletics and conducting talks for performance Various sports seminars including swimming, marathon training, volleyball, basketball, triathlons, cycling.	
FOOD MANAGEMENT:	St. Joseph Hospital – Houston, TX	
COUNSELING:	Seton Medical Center	Outpatient Nutrition Program Cardiac Rehab Program Pulmonary Rehab Program
	Georgetown Hospital	Outpatient Nutrition Program
	Austin Nutrition & Wellness	Private Practice
SPEAKING:	Over the past 10 years, Laura has spoken to numerous groups on a variety of topics. The topics include, but are not limited to: eating disorder prevention, heart health, fad diets, childhood nutrition, weight management, sports nutrition, and eating on the run.	
CERTIFICATIONS:	Registered Dietitian by the Commission of Dietetic Registration Licensed Dietitian by the State of Texas Certification as a Specialist of Childhood and Adolescent Weight Management	
ASSOCIATIONS:	American Dietetic Association Texas Dietetic Association Austin Association of Eating Disorders Sports and Cardiovascular Nutrition Dietetic Practice Group	

Laura is married and has 3 beautiful, young children. She has lived in the Austin area since 2000.
She enjoys working out and is an avid runner and enjoys strength training and Pilates.
Her hobbies include scrapbooking, shopping and spending time with family and friends.