

PHILOSOPHY STATEMENT

Hello, my name is Amy Gerber-Buchanan. I am a senior dietetic student at SUNY Buffalo State University in the Didactic Program in Nutrition and Dietetics, pursuing a dietetic internship to become a registered dietitian nutritionist. The field of dietetics combines my love for health and wellness promotion with my passion for nutrition! My area of interest is integrative and functional nutrition, and I would like to specialize in diabetes, obesity, and women's health. In addition, I want to work with the community and public health sectors specializing in nutrition programs, food security/insecurity, lifestyle behaviors, and health and wellness education and promotion. Educating on healthy, balanced nutritional choices is vital in promoting and sustaining positive lifestyle behaviors.

It is crucial to become more knowledgeable about what goes into our bodies, why we need certain foods, and how our bodies process and use food for energy. It is exciting to see how balanced nutritional components can improve one's health and provide it with the quality care it deserves. My philosophy on nutrition is that there is not a one-size-fits-all for achieving positive results or outcomes, but rather to assess an individual and evaluate their nutritional needs or goals they want to work on, then establish a custom plan specific to that individual. By assessing a client and identifying and treating their root cause, one can adequately incorporate essential components regarding nutrition and wellness while promoting patient-centered care and healing.

As a future dietitian, I look forward to applying an integrative, evidence-based approach to help others with their lifestyle goals. I am eager to provide the tools necessary to succeed and enthusiastic about assisting individuals in discovering, addressing, and treating their needs. Our bodies are an engine we should fuel with the best possible sources! So, let's take this journey together to enlighten our minds and fuel our bodies with nutritious and delicious ingredients!