

Member Spotlight

Alix Small, MS

Alix Small will graduate from her dietetic internship at Long Island University–Post in Long Island, New York, in June 2014. As part of her dietetic internship, Alix recently completed a five-week community rotation in Trujillo, Peru, where she had the opportunity to apply the nutrition counseling skills she has learned throughout her internship in a number of ways. The rotation was through the [Medical Electives Network](#), an organization that provides electives and health care internships in Peru for medicine, dentistry, nursing, physical therapy, physician assistant, and dietetics students and professionals.



During her experience in Peru, Alix provided nutritional and weight management counseling for mothers and adolescents as well as comprehensive education for introduction of foods for infants. She also educated patients with diabetes on creative ways to prepare Peruvian foods when glucometers, insulin and oral medications weren't available. Additionally, Alix provided group education, individual nutrition counseling, and cooking demonstrations to patients in a rural health clinic. During her training experience in Peru, Alix appreciated the opportunity to further develop her Spanish language skills while applying her nutrition counseling skills. She also valued the opportunity to further expand her humanitarian and global health interests in a South American community.

Alix grew up in Long Island, New York, and her interest in nutrition and dietetics developed at an early age, where she spent most of her time in the kitchen. She enjoyed learning how to cook and was curious about the flavors of foods, where foods came from, and the role of food in the body. Eventually, her curiosity developed into a passion to learn about the importance of a healthy diet. Alix earned a B.S. in Psychobiology from Binghamton University, as well as an M.S. in Clinical Nutrition from the New York Institute of Technology. During graduate school, Alix received a research scholarship and also completed a three-part Certificate in Global Health Program which included fieldwork and research in rural Ghana, Africa. Alix joined the Public Health/Community Nutrition Practice Group (PHCNPG) to connect with dietitians with similar interests and for access to up-to-date resources.

In her free time, Alix enjoys outdoor activities, including gardening, hiking, running, biking, yoga, and water sports. She also has an interest in traveling and experiencing cultures around the world. Alix enjoys trying new foods, and her "all-time favorite, feel-good and go-to dishes" include loaded salads with homemade dressing or dressed-up quinoa. PHCNPG wishes Alix well as she pursues the next steps in her path to becoming a nutrition and dietetics professional!