

Kansas Academy of Nutrition and Dietetics

FEBRUARY MEMBER SPOTLIGHT: Cheryl Mussatto, MS, RD, LD



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Clinical Dietitian - Cotton O'Neil Endo. Clinic,
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Freelance Writer of health/nutrition articles for
the Osage County herald-Chronicle and Dr.
David Samadi, Urologic Oncologist Expert and
World Renowned Surgeon, NYC

Meet Cheryl Mussatto

My career spans more than 30 years in which I've held jobs as a WIC dietitian, hospital dietary manager, long-term care consulting, and my current positions. Recently, I've become more involved with KSAND by serving on the Nominating Committee and will take over the Nominating Committee Chairman position later this year. My career path took an unexpected turn 4 years ago when as a columnist for my hometown newspaper I was approached to do additional writing for Dr. David Samadi. This opportunity has now led to me self-publishing a book recently released at the end of 2018. My book is called *The Nourished Brain, The Latest Science on Food's Power for Protecting the Brain from Alzheimer's and Dementia* and is available for purchase on Amazon. It is dedicated to my parents, both of whom passed away from complications of the disease. This book is to help people explore the role of food and nutrition, along with other lifestyle factors, possibly slowing down or even preventing this devastating disease.