

Emily Samuels, MS, RDN, CSP, LD

EDUCATION

Texas Woman's University, College of Health Sciences, Nutrition and Food Science
Master's of Science in Nutrition, 2010-2015

Texas Christian University, College of Science and Engineering, Department of Nutritional Sciences
Bachelor's of Science in Coordinated Dietetics, 2003-2007

NUTRITION-RELATED EXPERIENCE

Emily Rose Nutrition, 2018-present
Freelance/Consultant Dietitian, Ketogenic Diet and Pediatrics/Family Nutrition

Texas Children's Hospital, 2010-2016, 2021-present
Pediatric Clinical Dietitian, Inpatient/Outpatient/Virtual

Healthbridge Children's Hospital, 2009-2010
Pediatric Clinical Dietitian, Inpatient Rehabilitation

Tarrant County Public Health, 2007-2009
Lead Clinical Nutritionist, WIC Program

Coordinated Program in Dietetics, 2005-2007
Dietetic Intern, Baylor Grapevine, Baylor All Saints, Birdville Independent School District

PUBLICATIONS

Davis J, Samuels E, Mullins L. Nutrition Considerations in Duchenne Muscular Dystrophy. *Nutr Clin Pract.* 2015 Aug;30(4):511-21.

ABSTRACTS

Samuels ER, Schultz RJ. Two Years on the Ketogenic Diet: Effect of Serum Lipid Levels on Children with Epilepsy, September 2012

PRESENTATIONS

Samuels, E. March 2024. *Selective Eaters vs Problem Feeders; Just a Phase, or Cause for Concern?* City of Houston WIC Program, Houston, Texas.

Jacobsen, R; Samuels E. January 2023. *Formula Mixing and Calculations.* Texas Children's Hospital Dietetic Intern Program. Houston, Texas.

Samuels, E. September 2022. *Baby Led Weaning; Lunch and Learn*. Texas Children's Hospital. Houston, Texas.

Davis, J; Samuels, E. September 2021. *Day to Day Nutritional Management of Food Allergies: Tips and Tricks for Busy Families*. Annual Texas Children's Hospital Food Allergy Symposium. Houston, Texas.

Samuels, E. February 2014. *Healthy Habits for Teens*. Houston Charity League. Houston, Texas.

Samuels, E. April 2013. *Pediatric Case Study Day Seminar*. Texas WIC Internship Program. Austin, Texas.

Samuels, E. *Ketogenic Diet Seminar and Training for Baylor Scott and White RDs*. March 2013. Texas Children's Hospital. Houston, Texas.

Samuels, E. *EoE: What's Nutrition Got to Do With It?* Houston Pediatric Nutrition Group, December 2012

Samuels, E. May 2012. *Food Allergy Counseling*. Baylor Allergy and Immunology Fellows. Texas Children's Hospital. Houston, Texas.

Samuels, E. April 2012. *Pediatric Case Study Day Seminar*. Texas WIC Internship Program. Austin, Texas.

Matamoros, R; Samuels, E; Schultz, R. September 2011. *Nutrition and Medical Management of Ketogenic Diet for Nursing Staff*. Texas Children's Hospital. Houston, Texas.

Samuels, E. May 2011. *Pediatric Case Study Day Seminar*. Texas WIC Internship Program. Austin, Texas.

Matamoros, R; Samuels, E; September 2010. *Dietary Management of Ketogenic Diet for Food Service Employees*. Texas Children's Hospital. Houston, Texas.

Matamoros, R; Samuels, E. August 2010. *Nutritional Management of Ketogenic Diet for RDs; Lunch and Learn*. Texas Children's Hospital. Houston, Texas.

CERTIFICATIONS

Board Certified Specialist in Pediatric Nutrition. February 2023 - present. Commission on Dietetic Registration.

Licensed Dietitian. April 2009 - present. State of Texas Board Examiners of Dietitians.

Certificate of Training in Childhood and Adolescent Weight Management. Academy of Nutrition and Dietetics, formerly American Dietetic Association. June 2008.

Registered Dietitian. September 2007 - present. Commission on Dietetic Registration.

PROFESSIONAL MEMBERSHIPS/ORGANIZATIONS

Houston Pediatric Nutrition Group Chair, 2024-2025. Houston, Texas.

Texas Christian University Clark Society Board Member, 2020-2024. Fort Worth, Texas.

Texas Children's Nutrition Coordinating Council Chair, 2013-2024. Houston, Texas.

Texas Children's Nutrition Coordinating Council secretary, 2012-2013. Houston, Texas.

Camp For All Young Professionals member, 2009-2013. Houston, Texas.

SKILLS

Proficient in Microsoft Office Word, Excel, Powerpoint.

Proficient in Apple Pages, Numbers, Keynote.

Super User for EPIC, Electronic Medical Record.

Proficient in nutrition programs including KetoDietCalculator, and Cronometer.

Assess and evaluate nutritional regimens while making recommendations to support best quality of life and optimal nutritional status for clients and families.

Coordinate nutritional care for complex medical patients requiring hospital and home care.

Collaborate with primary care physicians and specialists to support optimal patient care.

Design ketogenic diet plans individualized to client and to support client goals while providing ongoing support.