

## MSc Julia Hernandez Osorio-CD DE

Nationality: Mexican / Spanish  
Profession: Clinical Nutritionist, Diabetes Educator, Coach Nutrition,  
Registered teachers face and online  
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### SUPERIOR ACADEMIC TRAINING IN NUTRITION.

**ESPEN 2019 26<sup>th</sup> Course: Clinical Nutrition and Metabolic Care.** slovenia  
**ESPEN 2019 Parenteral Nutrition Topic 9 Approach.** LLL Program. slovenia  
**ESPEN 2019 Topic 8 Enteral Nutrition Approach.** LLL Program. slovenia  
**2019 IrsPEN Nutrition Intervention.** ireland  
**2019 Diploma** Nutritional support. Center for Continuing Education. EDN. 165 h Mexico  
**2017-2018** Diabetes educator. International Diabetes Federation IDF. Europe 2017 Pediatric Nutrition. Autonomous University of Madrid. 100 hours. Spain  
**2015-2016 Diploma** Diabetes educator. Mexicana de Diabetes Association. Anahuac University. Mexico  
**2015** Update sarcopenia and Nutrition. Spanish Society of Geriatrics and Gerontology. Spain  
**2014** Superior Technical Care Disabled Persons. 350 hours 3 credits Spain  
**2013** Technical Superior Home Care. Spain 8.8 credits 350 hours.  
**2013** Superior Technical Geriatric Care. 350 hours Spain 4.9 credits. MSc CD DE  
**2013 Certification** Title of Human Nutrition and Dietetics at the Autonomous University of Madrid. Spain. Credencial 2013 / H02298  
**2010-2012 Master** Nutrition and Food. University of Barcelona. 1575 day 63 credits Spain  
**2009 Master** Kidney Disease Nutrition. Favaloro University. Argentina  
**2007 ASPEN Postgraduate** Science and Practice of Nutritional Support. Study Program Based on Clinical Cases. ASPEN, USA 2 005 Master Promotion and Physical Activity on Prescription Cardiovascular Risk Factors National University of La Plata. OWN Ciudad de la Plata. Argentina  
**2004 Master** Nutritional care of patients with Type 1 Diabetes Mellitus Argentina Association of Dieticians and Nutritionists Dietitians. Argentina  
**2003 Master** Obesity Favaloro University. Argentina  
**2003 Graduate** Interdisciplinary Clinical Nutrition course -CINC- AMAEE, FELANPE. Mexico  
**1999 VII Diploma** Clinical Epidemiology Research UAG, IMSS, ICLS. Mexico  
**1996 Diploma** in Parenteral and Enteral Feeding Regional Hospital "Adolfo Lopez Mateos" UNAM, ISSSTE 1900 hours 116 academic credits. Mexico  
**1993 to date Expert** in Management Exchange System (System Equivalents)  
**1993 to date Expert** in Management System  
**1989-1993 Degree** Nutrition. Autonomous Metropolitan University Campus Xochimilco. 480 credits 4 years of training. Mexico

SUPPLEMENTARY QUALIFICATIONS: conferences, courses and seminars.

+ **100** Related courses Nutrition

- **Europe** Ireland, Spain, Rotterdam, UK, Belgium

- **America** : Mexico, Argentina, USA.

TRAINING AS COACH NUTRITION.

**2014** Nutritional Coaching. Experts in Nutrition. Part 2 Endorsed by the IAC. Spain

**2014** Nutritional Coaching. Experts in Nutrition. Endorsed by the IAC. Spain

**2014** Coaching skills FOREM. Spain

**2014** Skills and competencies through coaching. University of cantabria. Spain 2014 Mindfulness to regulate emotions (Emotional Intelligence Program Plena). Malaga University. Spain

**2014** Turn up your mind. University of cantabria. Spain

since **2012** Working with NLP

TEACHER TRAINING AS.

Register 2014 REGFOR / 14/0348 **face and distance learning**, modules for:

HOTR0309 ADDRESS OF RESTORATION.

MF1064\_3 PROCUREMENT IN RESTORATION

HOTR0110 MANAGEMENT AND PRODUCTION IN KITCHEN.

MF1058\_3 GENEROS CULINARY TREATMENT PROCESS

MF1065\_3 KITCHEN ORGANIZATION

KITCHEN BASICS HOTR0108.

MF0255\_1 SOURCING, AND CONSERVATION CULINARY preprocessing. BASIC CULINARY PREPARATION MF0256\_1.

HOTR0208 BASICS restaurant and bar.

MF0258\_1 SOURCING, DRINKS AND QUICK MEALS.

HOTR0408 kitchen.

MF0259\_2 OFFERS CULINARY AND SUPPLY SYSTEMS. MF0260\_2 pre-processing and preservation of food. MF0261\_2 CULINARY TECHNIQUES.

FCOM01 Food Handler SAND10 Technical Course in Nutrition and Dietetics Food Food Allergy Risk Course

PROFESSIONAL EXPERIENCE

Guardian.

**2015 to date** Garcilaso Academy: Top Grade Nutrition

**2019** EDUCAnet: Kitchen

**2017** Training grow

**2015-2019** Club Slims Good: Nutritional counseling

**2017-2019** Artemis Academy: Top Grade Nutrition, Nursing, Laboratory

Participation as a teacher in courses, conferences and workshops.

More than 500 courses and workshops to different populations: children, adults, businesses, doctors, nurses, hospitals, catering and public and private companies in general.

To develop my work I designed dynamic exercises and games, educational materials and stationery focused on each population.

In Spain: 2012 to date Private Consultation face and online:

**one. Creating eating habits with dietary guidance using replicas food system**

exchange, supported with teaching materials developed by me.

Two nutritional assessments of the patient: taking anthropometric measurements and body perimeters, body fat and weight.

**3. Population served: obese type 2 diabetics, hypertension, dyslipidemia, cancer, kidney disease, low birth weight, AIDS, Anorexia and Bulimia, athletes and children.**

In Mexico: private practice from 1989 to 2010 600 patients attending the year.

Projects Coordinator dietitians Nutrition: companies Food Guidance Center (COA), Nutricare Consulting, Nutrition Club. Mexico + Activa, Colegio "Garcilaso de la Vega", municipalities and Center for Women Villafranca de los Caballeros, Campo de Criptana, Heritage,

Visiting Professor: Medical Residence in Pediatric Specialty Hospital General de Acapulco, State Health Services 2002 to 2008. Mexico

**CHAPTERS OF BOOKS :**

Book: Book Nutrition and AIDS 1996 AIDS today.

Book: eating disorder. Chapter: Eating Disorders from the nutritional point of view. Teenagers experience with public schools, private and Office. Ed. RV-Kristal Editions. April

Formalcazar, La Bola de Cristal, Artemis, Foundation CERES, Colegio Público "Garden Arena", "Santa Clara" Institute "Maria Zambrano "Project 2009.

**SCHOOL NUTRITION PROGRAMS :**

2015-2016 School Nutrition Program. 13 schools in Alcázar de San Juan. School Nutrition

Program 2013-2015 School 8 "Garden Arena"

2014 Nutrition Talks to Students from ESO "María Zambrano" within the Program + Activa 2010 to the talks in schools to parents and students. Spain

2006-2010 Coordinator of the School Nutrition Program 2 private schools, Liceo Ibero Mexicano de Acapulco (1300 people) and EDUCAnet, Growing up with Training Forum Training and Enterprise Editions, Group Method, Forplan, Laboris Consulting, Academy Euro Ixtapa (400 people).

Target Population: maternal students, elementary, middle, high school, parents and teachers. Activities: 44 workshops based on different academic levels, where elaborate teaching materials with different themes each population focused nutrition. Supervision and counseling the cafeteria area. Menu development for primary and preschool. Development of 20 thematic posters.

2 doses of anthropometric measurements and analysis of weight and height during the school cycle to detect and manage overweight and obese students, Anorexia and Bulimia  
**Bayer, Mead Johnson, Apasco, Lala, Bonafont, Nestle, Military, Hotels, Schools, Gyms, Child Care, public-private partnerships), etc. In Spain :**

Topics covered in 4 years: eating disorders, exercise Feeding, Food Light, Sugar content in foods, Refreshment, Plate of fine dining, food rations to eat, Myths and Realities of Nutrition.

MEMBERSHIP IN COLLEGES:

Spain: Spanish Academy of Nutrition and Dietetics Socia CLM-0054 2013-2019 Mexico: Mexican Association of Nutriología menaced period 2000-2010

SHARE WITH MEDIA:

2012-2015 Daily Weekly with nutrition articles. 2012-2013 Television Castilla-La Mancha interviews. 2006-2010 Plática TV and coffee in Acapulco with Sandra Villerías  
1999-2010 Radio and Television of Guerrero RTG different programs on nutrition 2002-2008 newspaper Novedades Acapulco with different themes Nutrition 2003 to 2005 TV company TELEVISA Acapulco "Good Morning Acapulco" 2000 Good nutrition is essential for people with HIV electronic Planet and Life page July 19

COMPUTING :

1990-2013 Master in PHP and Adobe Dreamweaver CS5 250 hours Website Design 60 hours, 25 hours Multimedia Design, Software Development and Computer Applications 80 hours Computer Applications Management. 310 hours Masters in Flash, Adobe Illustrator, 3D, PHP, Certificate Office. 120 hours Spain

LANGUAGES :

Native Spanish  
Trading Italiano English Level  
Basic Level. Basic level  
French.

