

Ellareetha Carson

March 2007 Calendar

Ellareetha Carson is committed to improving consumer health by providing comprehensive nutrition and health education information through workshops, seminars, community-based education programs and individual counseling.

Ms. Carson is one of the founding partners of Hebni Nutrition Consultants, Inc., the developers of the original Soul Food Pyramid -- a culturally sensitive teaching tool. Ms. Carson retired from the Florida Department of Health in July 2002; where she served as a senior public nutritionist with the Orange County Health Department in Orlando, Florida. She also provided nutrition education counseling for participants in the Women's Infants and Children (WIC) program.

Before moving to Florida in 1990, Ms. Carson provided nutrition education and services in a variety of capacities. She was nutritionist and nutrition supervisor for the WIC program; and a nutrition consultant for the American Heart Association's Northwestern Connecticut division in Waterbury, Connecticut. She served as chief clinical dietitian and director of dietetics at Mount Sinai Hospital in Hartford, Connecticut; clinical dietitian at Lankenau Hospital in Philadelphia; and clinical dietitian and managing dietitian at Osteopathic Hospital, Philadelphia.

A graduate of Florida A&M University with a B.S. in foods, nutrition and institutional management, Ms. Carson completed her dietetic internship at Freedmen's Hospital (Howard University Medical Center) in



Washington, D.C. She recently received a certificate of training in Adult Weight Management, and appeared on "Health Connection" and "Senior Living" on Vision TV.

A member of The American Dietetics Association since 1957, Florida Dietetics Association, East Central Dietetics Association of Florida and the American Diabetes Association Florida Affiliate Diversity Committee, Ms. Carson was honored in *Who's Who in the East*, 17th edition 1979-1980. Serving as a mentor to young dietitians and dietetics students also is a longtime love of Ms. Carson's, in which she still engages today.