



THE AMERICAN UNIVERSITY

Expert-Led Learning from Industry Leaders

American University's Online Master's in Nutrition Education is led by a dedicated group of experts with diverse academic backgrounds and practical experience in nutrition science, education, and public health. The faculty members bring a blend of research expertise and professional experience to ensure that students are well-prepared for impactful careers in nutrition.



Dara Ford

Professorial Lecturer & Program Director

Dr. Dara Ford is the Program Director for the Master of Science in Nutrition Education and a Professorial Lecturer in the Department of Health Studies. She became a Registered Dietitian Nutritionist after earning her PhD in Nutritional Sciences and has extensive experience in counseling and nutrition education.



Evan Reister

Professorial Lecturer

Dr. Evan Reister is a Professorial Lecturer in the Department of Health Studies. He holds a PhD in Nutrition Science from Purdue University. With experience teaching both Nutrition and Food Science courses, he is passionate about education and supporting student success in and beyond the classroom.



Anastasia Snelling

Professor, Health Studies

Dr. Anastasia Snelling is a professor and Chair of the Department of Health Studies at American University. As a registered dietitian and a member of the Academy of Nutrition and Dietetics, Dr. Snelling has dedicated her career to advancing nutrition and health education.



Trina C. Ulrich

Adjunct Professional Instructor

Dr. Trina C. Ulrich, MD, is an adjunct faculty member in the Department of Health Studies at American University. With a background in Sports Medicine from the University of Virginia, Dr. Ulrich brings expertise in health, wellness, and sports nutrition to her teaching.

**Nancy Katz**

Adjunct Instructor

Nancy Brenowitz Katz, MS, RDN, is a Branch Chief with the USDA Food and Nutrition Service (FNS), where she oversees the Summer Food Service Program Policy Branch. She also serves as an Adjunct Instructor in the Department of Health Studies.

**Stephanie Mull**

Adjunct Instructor

Stephanie Mull is a seasoned sports dietitian who specializes in helping athletes and individuals achieve optimal health and performance. She co-developed the Metabolism-Based Eating program and has vast experience in the field of sports nutrition.

**Allison Tepper**

Adjunct Instructor

Allison Tepper is a Registered Dietitian and Adjunct Instructor at American University. She holds a Master's in Health Promotion Management, with research on food labeling in DC's lower-income areas. Allison runs a nutrition counseling practice in the DC Metro, specializing in intuitive eating, eating disorders, GI issues, and food allergies, helping clients build healthier relationships with food.

