

MEET YOUR DIETITIAN KAYLA KIRSCHNER RDN



Kayla is a Registered Dietitian Nutritionist from New Jersey. She completed her Bachelor of Science degree from the Pennsylvania State University and then moved on to complete her Dietetic Internship at Rutgers University. Prior to joining William Paterson, Kayla served as a Wellness Dietitian for Lenox Hill Hospital where she lead patient improvement projects including seasonal menu updates, nutrient analysis, and monthly chef tables, which were aimed at giving guests firsthand information on ingredient and techniques. Kayla's professional background also includes providing nutrition and wellness education in diverse community and corporate settings.

Kayla offers free counseling sessions for students. Kayla supports students on campus by providing nutrition resources, assisting with navigation of the dining halls to those with special dietary needs and fueling recommendations for student athletes to optimize their performance. Students can sign up for private one-on-one consultations by calling/texting (908) 926-4706 or emailing her at dietitian@wpunj.edu. When contacting Kayla, make sure to provide your name and why you are reaching out.

Available nutrition services include the following:

- General nutrition guidance on navigating the dining halls and markets across campus
- Assistance with special dietary needs (allergies, intolerances, or dietary preferences)
- Identifying menu and ingredient information at all campus dining locations
- Nutrition education seminars or presentations to student groups and organizations



Frequently Asked Questions with Kayla Kirschner RDN

What is a Registered Dietitian?

A Registered Dietitian is a healthcare professional that specializes in nutrition, well-being and food science. Dietitians can help individuals optimize their health through their food choices and eating behaviors. They can work in a number of different locations such as hospitals, college campuses, healthcare facilities, government facilities and private practices.

What nutrition services are available to me?

Students have access to free private nutrition counseling services and dining hall tours. Students and campus faculty may reach out to Kayla directly if they believe a group they belong to may also benefit from a nutrition presentation or seminar.

Am I eligible to see the Dietitian? How do I make an appointment?

Yes! All students have access to this service no matter the nature of their nutrition-related concern. Students may make an appointment directly with Kayla by e-mailing her at dietitian@wpunj.edu or by calling or texting her at (908) 926-4706.

What should students expect for my initial visit?

During an initial visit, students will review their nutrition-related concerns and share their current dining habits and long-term goals with Kayla. Students will address any barriers they may face, and Kayla will share tips and advice on how to best address them. Together, Kayla and the student will discuss the option for recurring meetings, if desired.



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