

Digna Irizarry Cassens, MHA, RDN, CLT, FAND short bio

I am a registered dietitian nutritionist with a master's degree in healthcare administration, and Fellow of the Academy of Nutrition and Dietetics (RDN MHA FAND), and owner of a micro-practice, Diversified Nutrition Management Systems. I launched my company in 2011 after decades in the corporate world, retiring in 2014. I now limit my practice to providing nutrition and wellness counseling to individuals, Meals on Wheels, and occasional webinars, and between 2012 and 2019 I published nineteen books, testing each recipe and formatting the interior. I also design the covers. I live in Flamingo Heights, and spend my time developing healthy, nutritious recipes, writing, tending to my rescued animals and amphibians, and indulging in my hobbies, genealogy, and acrylic painting.