

**Assistant DI Director: Christina Olmstead, MFN, RD, CSSD, LD.**

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Office: 112 Health and Human Services

Quick Bio: Christina Olmstead earned her Bachelor of Science in Dietetics (2015) and a Master of Food and Nutrition (2017) from Bowling Green State University. Olmstead also completed the BGSU dietetic internship program and became a credentialed dietitian by the Commission on Dietetic Registration in 2017 and is licensed in the state of Ohio.

Olmstead started working in the field through the YMCAs of Greater Toledo as an ACE-certified personal trainer. Once becoming a registered dietitian, she also completed consults for patrons and ran weight loss and diabetes programs and classes. Olmstead also worked as a full-time clinical bariatric dietitian in Toledo for approximately six years in the outpatient setting.

Olmstead started teaching adjunctly at BGSU in 2018 before becoming full-time faculty in January 2023. She has taught a variety of courses including Introduction to Nutrition Laboratory, Nutrition Assessment and Counseling, Advanced Clinical Nutrition, Medical Nutrition Therapy II, and Sports Nutrition. Along with teaching, Olmstead assists Brubaker as the Assistant Dietetic Internship Director.

Along with teaching, Olmstead serves as BGSU's sports dietitian for all student-athletes. She obtained her Certified Specialist in Sports Dietetics (CSSD) in February 2025.

Olmstead is a native to Bowling Green where she continues to reside with her husband and two children.