Curriculum Vitae

Meghan McMillin, MS, RDN, LDN, IBCLC

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Education

MS | 2012 | University of Illinois at Chicago

Major: Nutrition, Coordinated Internship Program

BS | 2004 | University of Nevada, Las Vegas

Major: Hotel Administration

Professional Certification/Licensure

International Board Certified Lactation Consultant (April 2019- present), L-133179
Registered Dietitian Nutritionist (2013 to present), # 01089204
Licensed Dietitian Nutritionist, Illinois (2013 to present), #164.005934

Professional Experience

OWNER, RD/IBCLC, CONSULTANT MAMA & SWEET PEA NUTRITION, LLC, NOV 2017 – PRESENT

Provide nutrition counseling for pregnant and postpartum women and children ages 0-5 years.
Perform initial and follow up assessments of the client's lactation goals and issues.
Educate and guide women through elimination diets while breastfeeding.
Provide services as a freelance writer, public speaker and product consultant.

NEONATAL/PEDIATRIC DIETITIAN, NORTHSHORE UNIVERSITY HEALTH SYSTEM, NOV 2014 – 2019

Participated in daily medical rounds in Level III Infant Special Care Unit (ISCU) and extensively collaborated with the interdisciplinary care team.
Screened ISCU and pediatric floor for determination of nutrition risk and provided initial and follow up assessments as part of overall plan of care.
Provided recommendations for and monitored patients receiving enteral and/or parenteral nutrition.
Educated and counseled families and patients on a variety of nutrition needs including breastfeeding, preparation of feeds, prematurity, malnutrition and GI disorders.
Created pediatric outpatient nutrition department for NorthShore University Health System and served as sole dietitian for the department.
Assisted in the facilitation of weekly ISCU Mother's Milk support group.
Precepted dietetic interns and taught a neonatal nutrition seminar to all incoming ISCU medical residents.
Performed quality assurance and performance improvement initiatives to improve patient outcomes.
Active member of both the ISCU Nutrition Committee and Breastfeeding Resource Team.

REGISTERED DIETITIAN NUTRITIONIST , PULLING DOWN THE MOON, CHICAGO, IL, MARCH 2015 - MARCH 2016

Provided nutrition counseling on a variety of topics including infertility, PCOS, and pregnancy.
Responsible for creation of nutrition related social media content including blog posts.
Produced and led several in-person workshops as well as online webinars.

Collaborated with a multidisciplinary team of doctors, acupuncturists, and massage therapists to provide total care for patients.

CLINICAL NUTRITION MANAGER , GOTTLIEB MEMORIAL HOSPITAL, MELROSE PARK, IL, APRIL 2014 - JUNE 2014

Directed daily operations of nutrition programs for patients including screening, assessment, intervention, menu planning, care and discharge planning to ensure patient nutrition needs and customer satisfaction levels are met.
Supervised the clinical dietitians and diet office staff including scheduling, training, corrective actions, performance reviews and other human resource functions.

CLINICAL DIETITIAN, VISTA HEALTH SYSTEM, WAUKEGAN, MAY 2013 - APRIL 2014

Nutrition risk screening/determination & nutrition assessment of hospitalized patients (Level II Trauma Center), use of Nutrition Care Process (NCP)/ADIME charting format/Nutrition Care Manual (NCM) and various EMR's(iMed, Cerner)
Primary provision of clinical nutrition coverage for the following in-patient units: Medical, Surgical, Pediatrics, Oncology, clinical cross-coverage for the following in-patient units: ICU, Progressive Care Unit/Telemetry
Nutrition Support involvement; implement, recommend, adjust, monitor Parenteral/Enteral nutrition as appropriate
Provision of nutrition education to patients, family, and hospital employees (as requested)
Functioned as Vista's primary Diabetic Educator; creation of Diabetes Self-Management Education (DSME) Seminar Series (outpatient, 2 courses instructed per month, development of curriculum, involvement with marketing of promotional materials)
Participation in multidisciplinary team rounds, collaboration with medical staff and allied health services
Committee involvement including: Clinical Nutrition, Diabetes, CHF, QA/PI (including: chart audits, test trays, meal rounds, and other patient services activities as assigned by Clinical Nutrition Manager)
Involvement with various wellness/community activities including: Cardio-Pulmonary Nutrition Education, Waukegan Public Library Nutrition Education Seminars, National Nutrition Month Activities, and other Clinical Nutrition Department activities as assigned

Publications

Avoiding Allergens While Breastfeeding: What to eat when your baby can't tolerate milk, soy or egg protein.

Lauren Manaker MS, RDN, LD, CLEC & Meghan McMillin MS, RDN, IBCLC
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Invited Presentations

February 1, 2024
"How Lactation and Food Allergies Intersect: What We Know and How We Can Help"
New Zealand Lactation Consultant Association 2024 Online Conference
Virtual

November 3, 2023
"What's New in Complementary Feeding"
"Supporting Families & Babies With Food Allergies"
"Nutritional Considerations for the Lactating Parent: What We Know"
Central Illinois Breastfeeding Task Force - Fall Conference
East Peoria, IL

June 5, 2023
"Nutritional Considerations on Restrictive Diets While Lactating"
Oregon-Washington Lactation Association
Virtual

April 18, 2023
“How Breastfeeding and Food Allergies Intersect: What We Know and How We Can Help”
GOLD Lactation Online Conference 2023
Virtual

September 24, 2022
“Supporting Families & Babies with Food Allergies”
United States Lacatation Consultant Association - New Horizons in Clinical Lactation
Norfolk, VA

June 22, 2022
“Baby Led Weaning & WIC: Yes, you can!”
Texas WIC Nutrition & Breastfeeding Conference
Austin, TX

April 9, 2021
“Safely Transitioning to Solids Using the Baby Led Weaning Approach for Babies With Feeding Challenges”
Indiana Speech, Language, Hearing Association - 2021 Convention
Co-presented with Jill Rabin MS, CCC-SLP/L IBCLC
Virtual

February 8, 2021
“Understanding Baby Led Weaning: Guidance for the Lactation Professional”
iLactation - Feeding the Future
Virtual

January 18, 2021
“Popular Diet Trends: Impact and Safety During Lactation”
GOLD Learning Day 2021 - Human Milk Composition: Navigating the Role of Parental Nutrition
Virtual

October 9, 2020
“Starting Solids: What’s New in Complementary Feeding”
United States Lactation Consultant Association - A Solid Foundation Workshop
Virtual

September 25, 2020
“The Current Evidence and Practical Advice for Transition Feeding of Infants and Toddlers”
The University of Tennessee, Department of Nutrition Colloquium
Virtual

August 13, 2020
“Nutrition & Elimination Diets During Lactation”
Northern Illinois Lactation Consultant Association
Virtual

July 29, 2020
“Baby Led Weaning & WIC: How to Best Support Your Clients
Kansas Department of Health and Environment, Women, Infant & Children (WIC) Program
Virtual

April 1, 2020
“Baby Led Weaning: What the Lactation Professional Should Know”
International Lactation Consultant Association
Virtual

October 23, 2018
"Baby Knows Best: The Evidence and Controversy of Baby-Led Weaning"
Food & Nutrition Conference and Expo
Washington, D.C.

Honors

“Emerging Professional in Women’s Health Award”, 2020 - Academy of Nutrition & Dietetic’s Women’s Health Practice Group

Professional Affiliations

United States Lactation Consultant Association, member
Academy of Breastfeeding Medicine, member
Northern Illinois Lactation Consultant Association, member
International Lactation Consultant Association, member
North Central IL Breastfeeding Task Force, member