

NEXT LEVEL WELLNESS

July 2025



WELCOME

Welcome to the first edition of the Next Level Wellness newsletter! With this monthly newsletter, you'll get simple nutrition information, a seasonal produce guide, and easy-to-make recipes.

MY NUTRITION APPROACH

As a Registered Dietitian, my approach to nutrition is rooted in food freedom and flexibility. I believe that a balanced diet should be sustainable, enjoyable, and guilt-free. My goal is to help people build habits that promote a positive relationship with both food and exercise. I'm passionate about supporting local food producers, helping students fuel their bodies for performance and recovery, and promoting a balanced lifestyle that supports long-term health and happiness. This newsletter will emphasize flexible approaches to improving nutrition, such as:

- Eating regular meals and snacks
- Adding new foods to increase variety and satisfaction
- Recognizing and honoring body cues for hunger & fullness
- Fueling for mental and physical health
- Cooking and meal planning basics
- Enjoying food!

MEET THE NEW DIETITIAN

CREDENTIALS



B.S. in Dietetics
Bowling Green State University



Master of Food & Nutrition / Dietetic Internship
Bowling Green State University



Registered Dietitian
@ Coastal Carolina University

BACKGROUND

My passion for food started when I was young, with a love for cooking with my family members. I became interested in nutrition as I started playing sports more competitively, when I learned that my nutrition could impact my performance. I've had a passion for nutrition ever since!

FAVORITE MEAL: Steak & potatoes with crème brûlée for dessert!

SC SEASONAL PRODUCE

Eggplant

Collard greens

Plums

Butter beans

Watermelon

Okra

Zucchini

Edamame

Mushrooms

Sweet corn



certifiedsc.gov



KYRA CONTRIS, MFN, RD, LD

Registered Dietitian
kcontris@coastal.edu