



Yoko Takashina, MS, RD, CNSC, CCTD

“I've always believed that what you eat influences how you feel emotionally and physically. Foods provide not only energy and nutrients to function and move, but also may impact moods, feelings and thoughts. **Thus, the quality of foods we eat may make a big difference in our lives.** I aim to promote individualized balanced meals for physical and mental health, no matter your age, health condition or life goal.”

With over 10 years of successful clinical nutrition experience in acute and long-term healthcare systems, **Yoko Takashina** is a registered dietitian currently working in an acute care academic teaching hospital in Los Angeles, providing selective and non-selective surgeries and interventional procedures for referred patients on an everyday basis. Her current specialties include cardiothoracic surgery nutrition care with extracorporeal membrane oxygenation (ECMO), mechanical circulatory system device, heart failure, end stage lung disease, and heart and lung transplant.

In addition to playing a key role in critical care units and on nutritional support teams, Yoko strongly believes, “Food is more than just food.” She is passionate about supporting patients, families and caregivers with advanced medical nutrition therapy and evidence-based nutrition practices that are paramount to improving health and wellness and, therefore, clinical outcomes.

Aside from her clinical nutrition practice, Yoko has collaborated with other nutrition team members to publish a quarterly nutrition newsletter and, prior, she teamed up with kitchen chefs, patient care supervisors and nutrition team members to expand culture friendly menu options for inpatients.

Awards, Accomplishments and Certifications

- Certified Clinical Nutrition Support Clinician (renewed), 2020
- Certified Clinical Transplant Dietitian, 2020
- ServSafe Food Safety, 2020
- Certificated Lactation Educator Counselor, 2012
- CDR certificate of the Training in Adult Weight Management, 2010
- CDR certificate of the Training in Childhood and Adolescent Weight Management, 2009
- Entree recipes and photos, *Kidney Friendly Asian Recipes for Sodium & Potassium Restrictions*, Keck Medicine of USC Clinical Nutrition Department