

# NICK HIEBERT

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## ABOUT ME

I studied Human Nutritional Science at the [University of Manitoba](#). Though nutrition science is my foremost passion, I cultivated valuable technical skills through self-directed learning in programming, demonstrating my adaptability and commitment to continuous growth. I gained proficiency with several programming languages ([Nix](#), [Elm](#), [Typst](#), and [Haskell](#)) while transitioning to the Linux-based operating system [NixOS](#) and building my own online platform, developing strong problem-solving abilities that complement my scientific background. I bring this same determination and methodical approach to nutrition and food service, where I'm eager to combine my scientific knowledge with my proven ability to tackle complex challenges and quickly acquire new skills.

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## EXPERIENCE

### upRootNutrition

Content Creator, Programmer

Nov 2018 - Present

- Developed evidence-based content related to health and nutrition sciences.
- Conducted in-depth investigations into nutrition-related research questions for clients.
- Mentored clients on nutrition science research methodologies and interpretation.
- Managed a 2000+ member [Discord](#) community for engagement and knowledge-sharing.
- Curated and maintained a 2000+ reference nutrition literature [Obsidian](#) vault.

### De Luca's

Prep Chef, Hot Table Attendant

Aug 2018 - June 2019

- Prepared four-course meals for events ranging from 25-250 people.
- Provided customer service and answered questions related to food.
- Operated a POS system efficiently and accurately.

### The Loft Gastropub

Sous Chef

June 2013 - Jan 2014

- Assisted in recipe development and menu planning.
- Prepared Italian fusion dishes from scratch, using fresh ingredients.
- Consistently resisted the Head Chef's relentlessly abusive attitude.

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## PROJECTS

### upRootNutrition

Lead Developer



2024 - Present

Developed the frontend for my online platform, [upRootNutrition](#), primarily written in the Elm programming language, but also features TypeScript, CSS, and HTML. The project consists of a modular configuration for pages, styling, and data handling. Records, helper functions, and Markdown parsing are organized to make adding new content trivially easy. The project also makes use of a [Devshell](#) and [Dircv](#) to create a declarative and reproducible development environment.

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## PUBLICATIONS

Moore, Jeff M., et al. 'Evidence for a Lean Mass Hyperresponder Phenotype Is Lacking with Increases in LDL Cholesterol of Clinical Significance in All Categories of Response to A-Restricted Diet'. *Current Developments in Nutrition*, vol. 6, no. 5, May 2022, p. nzac043.

[doi.org/10.1093/cdn/nzac043](https://doi.org/10.1093/cdn/nzac043)

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## EDUCATION

### Studio 11 Inc

Audio Production

2008

### University of Manitoba

Human Nutritional Science

2011

### Manitoba Health

Body Modification Technician

2023

### Canada Safety Training

Bloodborne Pathogen Safety

2023

### Canadian Red Cross

Preventing Disease Transmission

2023

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## REFERENCES

Available upon request.