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Sandy Austhof worked at the Cleveland Clinic in Cleveland, Ohio for 39 years where she was an Advanced Practice II dietitian for the Center for Human Nutrition in the Digestive Diseases & Surgical Institute. She retired in 2019 and formed her own limited liability company.

Sandy is certified as a Nutrition Support Clinician and is an active member of ASPEN and the state chapter, the Ohio Society for Parenteral and Enteral Nutrition where she served as President and Dietitian-at-Large.

She has published in peer-reviewed and non-peer reviewed journals and has written several book chapters in nutrition support.

Sandy has lectured to physicians, dietitians, nurses and pharmacists on many topics of nutrition, and has led hands-on workshops for dietitians on how to successfully conduct Nutrition-Focused Physical Exam techniques around the country since 2014.