



## Brandon's Story

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My journey in nutrition began with a deep love for exercise science. In the early 2010s, I was an exercise science and wellness major at Dutchess Community College. I was captivated by the intricacies of exercise testing and prescription. However, it was during the required nutrition course that I had a revelation. I realized that nutrition was not just a complementary field to exercise science, but a fundamental aspect that could significantly enhance athletic performance and overall health. This realization marked the beginning of my true calling in sports dietetics.

During my undergraduate dietetics program, I found my passion for sports dietetics. I was particularly intrigued by the intricate relationship between energy systems and physiological demands. Serving as president of the Nutrition for Performance (NFP) club for two years allowed me to lead initiatives like two successful Sports Nutrition Expos during NCAA week. These experiences fostered my confidence in communication, collaboration, and leadership, which I value deeply in my career.

I became a Registered Dietitian in 2018, and over the next five years, I gained a breadth of experience in long-term clinical care, academia, and research. In 2023, I got my big break and became a Minor League Dietitian Apprentice for the Houston Astros. The hours were long, and the work was challenging. Yet, I went to work each day with a smile, my heart filled with joy and fulfillment. I was in an exciting, dynamic environment where I could professionally thrive and help athletes become their best. It was then that I developed my vision and mission, fueled by my passion and dedication.

**Vision:** Inspire health science professionals to passionately pursue excellence to help athletes reach peak performance.

**Mission:** To strengthen the field of human performance science through leadership, research engagement, and evidence-based practice.

As a Holistic Health and Fitness (H2F) Dietitian for the U.S. Army Forces Command, my passion for tactical nutrition and human performance has grown significantly. I take pride in helping warfighters maintain their readiness and lethality through improved nutrition. Working with athletes and tactical teams committed to lifestyle changes fuels my enthusiasm and dedication to advancing performance across diverse settings.

Committed to continuous growth, I earned my Doctor of Health Science (DHSc) degree in 2025 from Pennsylvania Western University, studying health science, adult education, and leadership. I actively pursue ongoing education and research in areas like RED-S, overtraining syndrome, and interdisciplinary collaboration, ensuring my knowledge remains current and impactful in advancing human performance science.

Through effective communication and community, I have reached career and personal heights I never dreamed possible in high school. My ability to effectively communicate and connect with others has led to countless learning and leadership opportunities. As the field of dietetics continues to evolve, I am filled with optimism and hope for its future.

As long as we are connected and united, we can continue to make significant strides in the field, inspiring and transforming lives along the way.

### Connect with me:

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