

CHRISTINE PALUMBO

Nutrition



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Christine Palumbo knows exactly how a healthy lifestyle should taste, and she's eagerly sharing that knowledge with audiences across the country. Christine is an award-winning registered dietitian nutritionist, headquartered in Naperville, Illinois. She also is a nationally acclaimed health writer and columnist, public speaker, food analyst, media trainer and consultant, who loves to share her passion for all things food.

Christine has appeared on the *Oprah Winfrey Show*, *Fox News*, *CNN's Financial News Network*, *WGN-TV*, the *Live Well Network*, and other television and radio outlets spanning the country from *KERO-TV* in Bakersfield, California to *WPIX* in New York City. In 1982, on Chicago television, she famously debated diet guru, Dr. Richard Atkins.

Her nutritional expertise has been featured in *U.S. News and World Report*, *Allure*, *O Magazine*, *Shape*, *Prevention*, *Men's Health*, *Cosmopolitan*, *Redbook*, *Woman's Day*, *Investor's Business Daily*, the *Chicago Tribune*, and many other national and global publications. She also has appeared on such websites as *Yahoo! Health*, *Fast Company*, *WebMD*, *ParentDish.com*, and *247Wallstreet.com*. Since 2007, Christine is the "Good Sense Eating" columnist for New York Family, publisher of *Manhattan Family*, *Queens Family*, and a host of other popular family journals.

As a nutrition specialist with the ability to deliver often complicated scientific information in an "audience friendly" style, Christine has given more than 400 nutrition and health presentations to professional organizations and consumer groups, and to corporations as part of wellness programs. Her client list runs the gamut from the American Board of Pediatric Dentists, the Academy of Nutrition and Dietetics and its state affiliates, to major corporations including BP, Ace Hardware Corporate and Unilever Food Solutions.

In her capacity as a leading food analyst, Christine has evaluated the nutritional content of foods and recipes for such companies as Dairy Management Inc., Popcorn Institute, Red Robin Restaurants, National Cattlemen's Beef Association, National Pork Board, Smuckers and Vegetarian Times Magazine. Many of these companies utilize her wide breadth of food knowledge for special projects, product launches and educational/marketing programs.

Christine's awards and accolades are many, and the list continues to grow. In October of 2018, she received the prestigious Medallion Award from the Academy of Nutrition and Dietetics. Christine received every possible award from the Illinois Academy of Nutrition and Dietetics, a Bronze Award from the Parenting Media Association for outstanding work as a columnist, and was named a Fellow of the Academy of Nutrition and Dietetics. Currently, she serves as Nominating Committee chair-elect and on the Executive Committee of the Dietitians in Business & Communications dietetic practice group.

Christine is a graduate of St. Catherine University in St. Paul, Minnesota. In 2012, she was named the University's "Outstanding Alumnae," the highest honor given at St. Catherine. She also received the prestigious 2016 Four Pillars Award from Nazareth Academy in LaGrange Park, Illinois. Christine holds a Master of Business Administration, with a Marketing Concentration, from Chicago's DePaul University.

In addition to her extensive nutrition work, Christine is active as an eMentor with the Academy of Nutrition and Dietetics, and in fact, is the top volunteer mentor for the Academy.