

CHRISTINE PALUMBO

Nutrition



630.248.0200 | CHRIS@CHRISTINEPALUMBO.COM | CHRISTINEPALUMBO.COM

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, public speaker, food analyst, media personality 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*, every Chicago station, the *Live Well Network*, and other TV and radio outlets spanning the country from *KERO-TV* in Bakersfield, California to *WPIX* in New York City. In 1982, she famously debated diet guru, Dr. Richard Atkins on *WTTW-TV*.

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*, *EveryDay Health*, *Eat This, Not That*, *WebMD*, and *247Wallstreet.com*. Between 2007-2016, Christine wrote the "Good Sense Eating" column for *Chicago Parent* magazine, and between 2008-2019, for *New York Family* publications.

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 Navistar, 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 Board, 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. 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. Her most recent award in 2022 is the Outstanding Leader Award from the Dietitians in Business & Communications (DBC) 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, Ill. and National Catholic Education Award from St. Mary School, Riverside. Christine holds a Master of Business Administration (Marketing Concentration), from DePaul University.

In addition to her extensive nutrition work, Christine is active with the Academy of Nutrition and Dietetics Mentor Match program, where she is the #1 volunteer mentor.