

PRESENTLY:

Consulting Nutritionist: Private practice in Newport Beach, California specializing in: eating disorders, Intuitive Eating and celiac disease.

Intuitive Eating PRO Skills Training: Coach and train health professionals how to effectively use Intuitive Eating with their clients.

PUBLICATIONS:

Books & Audio

Resch E and Tribole E. [Intuitive Eating Practices](#) (audio), 2009, Sounds True.

Tribole, E. [Ultimate Omega-3 Diet](#) (2007), NY, NY: McGraw Hill.

Tribole, E. [Eating on the Run](#) 3rd edition (2003). Champaign, IL: Human Kinetics.

Tribole, E. and Resch, E. [Intuitive Eating](#), 2nd edition (2003). NY, NY: St. Martin's Press.

Tribole, E. [Healthy Homestyle Desserts](#) (1996), NY, NY: Viking.

Tribole, E. [Healthy Homestyle Cooking](#) (1994). Emmaus, PA: Rodale.

Tribole, E. [Stealth Health](#), (1998), NY, NY: Viking.

Tribole, E. [More Healthy Homestyle Cooking](#) (2000), Emmaus, PA: Rodale.

Periodicals

Tribole, E. [Intuitive Eating in the Treatment of Eating Disorders: The Journey of Attunement](#). Perspectives. Winter 2010:page 11-14.

Tribole, E. What happened to do no harm? The issue of dietary omega-6 fats.

[PLEFA. 80 \(2009\)77-79.](#)

Tribole, E. Beauty slave: the exquisite pain of being so thin you hate food (letter).

[Wall Street Journal. Dec 20, 2006:](#) p A19.

Tribole, et al. Celiac Disease. [New England Journal Medicine. 2002;347\(6\):447.](#)

Ikeda, JP et al. [J American Dietetic Assoc. 1999 Aug;99\(8\):918-9.](#)

EDUCATION:

Master of Science, Nutritional Science, CSU, Long Beach, (1983).

Bachelor of Science, Dietetics, CSU, Long Beach, (1981).

ACHIEVEMENTS:

Olympic Trials Qualifier, in the marathon (1984).

National Award: Excellence in Private Practice, ADA, (1995).

Top Nutritionists in Country, Redbook (1995) Harper's Bizarre (1998) and Self (1993).

Distinguished Alumnus Award, CSU, Long Beach (1993).

IFT Food Science Journalism Award, Excellence in Writing (1992).

National Award: Recognized Young Dietitian of the Year (1985).

MEDIA EXPERIENCE:

Media Nutritionist with Grey's Anatomy celebrity, Chandra Wilson-15 city SMT. (2007)

Good Morning America Nutritionist (1994-1995). On-air talent for nutrition segments.

Nutrition Talent, for Essentials, a national show airing on the Learning Channel (1996).

Nutrition Correspondent, KNBC, Los Angeles. Researched, wrote, and reported nutrition segments for television health show, "About You".

Nutrition Talent, for "Fresh from the Farm" with 22 food and nutrition segments.

Nutrition Reporter, Feature News, Los Angeles. Researched, wrote and reported nutrition news for two television pilots.

Nutrition Correspondent, ESPN pilot, Thrill and Adventure.

Expert Appearances/Interviews (over 500 interviews, including): Today Show, CNN, People magazine, MSNBC, USA Today, Associated Press, Family Circle, Glamour, Variety, Readers Digest, Business Week, MSNBC, Donahue, and more.

PAST EXPERIENCE:

Recipe Makeover Columnist, *Shape Magazine* (1989-2001).

Contributing Editor, *First for Women* magazine.

Feature Freelance Writer for: Los Angeles Times, Shape, Consumers Digest, ADA, McCall's, Working Mother, First, Los Angeles Times syndicate, and Men's Fitness.

LifetimeTV.com, Nutritionist: Wrote monthly features and QA column for web.

Nutritionist, Health & Fitness Division, Columbia Pictures Entertainment

Nutrition Coordinator, American Heart Association, Long Beach. Planned and directed community nutrition programs.

Nutrition Seminar Speaker, over 400 presentations including:

- Los Angeles Times •American Dietetic Association
- International Dance & Exercise Assoc. •Shape Magazine Fitness Camps
- Corporate Aerobics (6 programs) •Aerobic & Fitness Association of America
- American Heart Assoc., (Long Beach) •Resource Applications (10 nationwide)
- RSC Associates (10 programs) •Nutrition Dimensions (10 programs)
- Long Beach Marathon Clinic •Physician organizations
- Paramount Pictures •Social Security Administration
- Renfrew Foundation •Academy for Eating Disorders Conference

Nutrition Columnist, Pasadena Star-News.

Consultant for: Memorial Medical Group, American Dietetic Association, Frozfruit, Johnson & Johnson Wellness, Corporate Aerobics, Richard Simmons Anatomy Asylum, Long Beach Schools Wellness, AMI, Alliance for Food & Fiber, Irvine Med.Ctr.

College Lecturer, CSU, Long Beach; Rancho Santiago College; Long Beach City College; Irvine Valley College and Orange Coast College.

Clinical Dietitian, Cedars-Sinai Medical Center, Los Angeles.

PROFESSIONAL ACTIVITIES:

Founder, Intuitive Eating Professionals, LinkedIn, 2009-present.

Medical Advisory Board, Celiac Disease Foundation, 1998-present.

Nutrition Co-Chair, Academy of Eating Disorders, 2002-2003.

National Task Force-Public Initiative, American Dietetic Association. 1996.

National Spokesperson, American Dietetic Association. 1988-1994.

Media Relations Chair, California Dietetic Association. 1989-1990.

Media Spokesperson, for the California Dietetic Association. 1984-1989.

President, California Dietetic Association, Orange District. 1987-1988.

Public Relations Chair, California Dietetic Association, Orange District. 1984-1986.

Current Member:

- [American Dietetic Association](#)
- [Academy for Eating Disorders](#)
- [International Society for Lipids and Fatty Acids](#)
- [Celiac Disease Foundation](#)
- [National Eating Disorders Association](#)

SOCIAL MEDIA:

Twitter: [Etribole](#)

Blog: [Nutrition Info 411: Ask Evelyn](#)

Facebook [Evelyn Tribole](#)

LinkedIn: [Evelyn Tribole](#)

MeetUp: [Hiking, OC Surfing, Endless Summer](#)