

Brief Bio

Evelyn Tribole, MS, RD is an award-winning registered dietitian, specializing in eating disorders and Intuitive Eating, with a private practice in Newport Beach, California. She has written seven books including the bestsellers *Healthy Homestyle Cooking* and *Intuitive Eating* (co-author).

Evelyn was the nutrition expert for *Good Morning America* in 1994-'95, and was a national spokesperson for the American Dietetic Association for 6 years. She was contributing editor for *Shape* magazine where her monthly column, *Recipe Makeovers*, appeared for 11 years.

She is often sought by the media for her nutritional expertise and has appeared on hundreds of interviews, including: CNN, Today Show, MSNBC, Fox News, USA Today, Wall St. Journal and People magazine.

As a speaker, Evelyn is passionate and has been called, "Wonderfully wise and funny", whether providing a keynote or full-day workshop.

Achievements and honors include, receiving the American Dietetic Association's award for Excellence in Private Practice. Many magazines have rated Evelyn as one of the best nutritionists in the country including: *Self*, *Harper's Bazaar*, and *Redbook* magazine.

Professional memberships include: the Am. Dietetic Assoc., International Society for Study of Fatty Acids and Lipids, the Celiac Disease Foundation, and the Academy for Eating Disorders. She is the founder of Intuitive Eating Professionals on Linked-In, which has nearly 700 members.

Evelyn qualified for the Olympic Trials in the first ever women's marathon in 1984. Although she no longer competes, Evelyn runs for fun and is an avid skier and hiker. She also enjoys surfing, kayaking and white water rafting. Evelyn's favorite food is chocolate, when it can be savored slowly.