

## PRESENTLY

**Consulting Nutritionist:** Private practice in Newport Beach, California with over 30-years of experience specializing in: eating disorders, Intuitive Eating, and celiac disease.

**Intuitive Eating PRO Skills Training:** Provides supervision and training for health professionals on how to effectively use the Intuitive Eating process with their clients, in a variety of situations from chronic dieting to healing eating disorders. Certified and trained over 600 health professionals in 17 countries.

## EDUCATION:

**Master of Science,** Nutritional Science, California State University, Long Beach, (1983).

**Bachelor of Science,** Dietetics, California State University, Long Beach, (1981).

## PUBLICATIONS

### Books & Audio

Tribole, E. & Resch, E. *Intuitive Eating Workbook* (2017). New Harbinger Publications.

Cook-Cottone C., Tribole E., & Tylka T. (2013). *Healthy Eating in Schools: Evidence-Based Interventions to Help Kids (School Psychology)*. Washington, DC: Am., Psychological Assoc.

Tribole, E. and Resch, E. *Intuitive Eating*, 3rd edition (2012). NY, NY: St. Martin's Press.

Tribole E. Facing Food Nutrition Counseling and Intuitive Eating, chapter in: Liu, A.

*Restoring Our Bodies, Reclaiming Our Lives*, (2011) Trumpeter Books.

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. *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 Research Update (in press, summer 2017). SCAN's Pulse.

Tribole, E. *Intuitive Eating in the Treatment of Eating Disorders: The Journey of Attunement*. Perspectives. Winter 2010:page 11-14.

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.*

## MEDIA EXPERIENCE

**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.

**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.

## PAST EXPERIENCE:

**Nutrition Seminar Speaker**, over 500 presentations from keynotes, to full-day workshops including on nutrition and eating disorder related topics:

- ICED Conferences: 2016, 2014, 2005, Seattle Brazil Behavioral Nutrition Conference • University of Northern Iowa • Canada's Nutrition Files Workshop • Preventive Cardiovascular Nurses Association: PCNA \* Emily Eating Disorder Program
- Utah Diabetic Educators, Los Angeles Times •American Dietetic Association \*SCAN \*Renfrew
- International Dance & Exercise Assoc. •Shape Magazine Fitness Camps \*IADEP Seattle
- 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 \* Montana's Cardiovascular Health Summit
- Paramount Pictures •Social Security Administration • Renfrew Foundation

**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.

**Nutrition Columnist**, Pasadena Star-News.

**College Lecturer**, California State University, Long Beach; Rancho Santiago College; Long Beach City College; Irvine Valley College and Orange Coast College.

**Clinical Dietitian (1984)**, Cedars-Sinai Medical Center, Los Angeles.

## ACHIEVEMENTS:

**Olympic Trials Qualifier**, in the marathon (1984).

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

**Top Rated Nutritionists** Redbook (1995) Harper's Bizarre (1998) and Self (1993).

**Distinguished Alumnus Award**, California State University, Long Beach (1993).

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

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

## PROFESSIONAL ACTIVITIES:

**Social Media Committee**, Academy of Eating Disorders, 2013-2016.

**Co-Founder, Certified Intuitive Eating Professionals**, 2009-present.

**Founder, LinkedIn Intuitive Eating Professionals**, 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:**

- [Academy of Nutrition & Dietetics](#)
- [Academy for Eating Disorders](#)
- [Celiac Disease Foundation](#)
- [National Eating Disorders Association](#)
- [International Association Eating Disorder Professionals](#)

## SOCIAL MEDIA:

**IntuitiveEatingCommunity.org:** Created and manages free online support group with more than 11,000 members.

**Twitter:** @ [Etribole](#)

**Facebook** [Evelyn Tribole](#); [Intuitive Eating](#), [Intuitive Eating Community](#)

**LinkedIn:** [Evelyn Tribole](#)

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