



Noted nutrition expert and television personality CAROLYN O'NEIL, MS, RD shares her refreshing food philosophy- “The More You Know, The More You Can Eat!” She is a registered dietitian and award-winning author and journalist who reported on food and health at **CNN** for nearly 20 years. Carolyn is the co-author of *The Dish on Eating Healthy and Being Fabulous!* (Simon & Schuster, Atria Books) – winner “Best Health and Nutrition Book” at the World Food Media awards. Carolyn is an **AOL Diet & Fitness Coach** with online weight control workshops, writes a weekly column for the **Atlanta Journal-Constitution**, “Healthy Eating Out” and appears on the Food Network as “The Lady of the Refrigerator” a recurring nutrition expert on Alton Brown’s hit program *Good Eats*.

Carolyn’s CNN television reporting on food, nutrition and cuisine earned three James Beard Foundation Awards and she was the first dietitian to be inducted into the James Beard Who’s Who in Food and Beverage. The American Heart Association, The American Dietetic Association and the National Restaurant Association have presented O’Neil with awards for food and nutrition education.

Carolyn O'Neil has a master's degree in Nutrition and Communication from Boston University (1980) and an undergraduate degree in Foods and Nutrition from Florida State University (1976.) She completed her Dietetic Internship at the Veteran's Administration Hospital, San Diego and has been a registered dietitian for nearly 30 years. Carolyn lives in Atlanta and has two children, Jack 21 and Katie 18.

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