

## **Dawn Jackson Blatner, RD, CSSD, LDN**

National Food & Nutrition Expert

### **At a Glance:**

Dawn Jackson Blatner is a registered dietitian and certified specialist in sports dietetics. She is a trusted food & nutrition expert appearing regularly in national media outlets such as *The Dr. Oz Show*, *USA Today*, *Dateline*, *Newsweek*, *Cooking Light* and *WebMD*. Dawn is the nutrition consultant for the *Chicago Cubs*, a food and nutrition blogger with *USA Today* and *Huffington Post* and a nutrition expert on the advisory board of *Fitness* magazine. She has a private practice based in Chicago, IL providing personalized nutrition counseling, healthy cooking classes and educational workshops.

Dawn writes health and wellness articles for national magazines such as *Fitness*, *Health*, *Yoga Journal* and *Vegetarian Times*. She is a co-author of *Counseling Overweight Adults* (American Dietetic Association, 2009), nutrition consultant for the New York Time's Best Seller *The Carb Lover's Diet* (Oxmoor House, 2010) and author of *The Flexitarian Diet* (McGraw Hill, 2009.)

She has worked as the dietitian for Lifetime Television and with a national healthfood chain, exclusive spas, DePaul University and Northwestern Memorial Hospital Wellness Institute.

Dawn was a national media spokesperson for the American Dietetic Association for 9 years and has 13 years experience working with clients to improve health outcomes such as obesity, diabetes, high cholesterol, high blood pressure, heart disease and cancer. Most recently Dawn received Lifetime Television 2011 "Remarkable Woman Award" for her work in the field of nutrition.

### **What People Are Saying:**

"Chicago's Most Quoted Dietitian," *Crains Chicago*

"One of Chicago's Elite Females," *Chicago Sun-Times*

"One of the Best Nutritionists in the Country," *Fitness Magazine*