



Jill Weisenberger, MS, RDN, CDE, FAND

BIOGRAPHY

Jill Weisenberger, MS, RDN, CDE, FAND is an internationally recognized nutrition and diabetes expert with more than two decades experience. She is your resource for nearly all things nutrition, food and diabetes. Patients and clients love her for her practical approach and caring manner. Attendees of her presentations call to "bring her back next year" for her engaging style and artfully presented content.

Through writing, speaking and one-on-one coaching, Jill empowers people to grab control of their health. She is the author of three books: *Diabetes Weight Loss-Week by Week*, *The Overworked Person's Guide to Better Nutrition* and *21 Things You Need to Know about Diabetes and Your Heart*. Jill has worked as both a nutrition counselor and a diabetes educator in the hospital and research settings, and now in private practice in Newport News, VA.

Jill is a consultant and spokesperson to the food industry, with clients like Daisy Cottage Cheese and Egg Nutrition Center. She is also a frequent guest on radio and television and regularly contributes articles to a variety of magazines and websites, including Diabetic Living, Food & Nutrition Magazine, Today's Dietitian, Kids Eat Right and The DX. She is a two-time graduate of the University of Florida with an undergraduate degree in communications and a graduate degree in food science and human nutrition.

If Jill's not counseling, coaching, writing or speaking, you might find her in the kitchen cooking up something nutritious and delicious because she knows that great taste is one of life's beautiful gifts. Other times she's out jogging, keeping up with her daughters, letting two dogs in and out, (over and over again) or simply enjoying some quiet time with her husband, which often includes the dogs, daughters, dry red wine or dark chocolate.