



Jill Weisenberger, MS, RDN, CDE, CHWC, FAND

BIOGRAPHY

Jill Weisenberger, MS, RDN, CDE, CHWC, FAND is an internationally recognized nutrition and diabetes expert with more than two decades experience. She is your resource for nearly all things nutrition, diabetes and prediabetes. 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.

Jill is the author of four books: the best-selling *Diabetes Weight Loss-Week by Week*, the new *Prediabetes: A Complete Guide*, as well as *The Overworked Person’s Guide to Better Nutrition* and *21 Things You Need to Know about Diabetes and Your Heart*.

Through writing, speaking and one-on-one coaching, Jill empowers people to grab control of their health, one habit at a time. She 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, a frequent guest on radio and television and regularly writes for a variety of magazines and websites, including *Diabetic Living*, *Food & Nutrition* magazine, *Today’s Dietitian*, and *Kids Eat Right*. She serves on the panel of experts to review and rank diets for *US News & World Report*. Jill 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, consulting to her favorite brands, 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, hanging with her dog, or simply enjoying some quiet time with her husband, which often includes the dog, daughters, or dark chocolate.