

MEET THE AUTHOR

Evelyn Tribole (<http://www.evelyntribole.com/>)

at the ***Morgan County Library*** 3pm to 5pm, Friday afternoon, July 30

at the ***Morgan County Fair, FAST learning room***, Sat. and Sun., July 31 & Aug.1

Evelyn Tribole, MS, RD is an award-winning registered dietitian, with a nutrition counseling practice in Newport Beach, California, specializing in eating disorders, intuitive eating and celiac disease. She has written seven books including the bestsellers ***Healthy Homestyle Cooking***, ***Intuitive Eating*** (as co-author). Her newest book, ***The Ultimate Omega-3 Diet***, is at the County Library.

Evelyn was the nutrition expert for Good Morning America, appearing from 1994-'95 and a national spokesperson for the American Dietetic Association for 6 years. She was contributing editor for Shape magazine where her monthly column, *Recipe Makeovers*, appeared for 11 years. She is a member of the American Dietetic Association, the International Society for Study of Fatty Acids and Lipids, the Celiac Disease Foundation, and the Academy for Eating Disorders. She received the American Dietetic Association's Award for Excellence in Private Practice. Many national magazines have rated Evelyn as one of the best nutritionists in the country including: Self, Harper's Bazaar, and Redbook magazine.

Evelyn qualified for the Olympic Trials in the first ever women's marathon in 1984. Although she no longer competes, Evelyn runs for fun and is an avid skier and hiker. She also enjoys surfing, kayaking and white water rafting. Evelyn's favorite food is chocolate, when it can be savored slowly.