



Christine M. Palumbo, RD, MBA

Christine Palumbo is a registered dietitian in Naperville, Illinois. Her monthly Good Sense Eating columns run in *Chicago Parent*, *Brooklyn Family*, *Long Island Family*, *Queens Family*, *Bronx Family* and *Staten Island Family*. She is also a contributing editor for the *Environmental Nutrition* newsletter. Between 2001 and 2008, her popular Food News column appeared in *Allure* magazine.

Christine has appeared on the *Oprah Winfrey Show*, ABC News *NewsOne*, Fox News Channel's *Fox & Friends*, CNN Financial Network's *The Flipside*, *The Daily Buzz* and LiveWellHD Network, as well as many local TV and radio stations. In 1982, she debated the famous Dr. Robert Atkins on Chicago area television.

Publications such as *Cosmopolitan*, *Men's Health*, *Prevention*, *Health*, *O The Oprah Winfrey Magazine*, *Redbook*, *Women's Health*, *Woman's Day*, *Shape*, *Organic Style*, *WebMD*, *Fitness*, *American Health*, *Oxygen*, *Natural Health*, *Woman's World*, *Investor's Business Daily*, *Chicago Tribune*, *Chicago Sun-Times*, *Orlando Sentinel*, *Tampa Tribune*, *Cincinnati Enquirer*, and the *Journal of the American Dietetic Association* have featured her nutritional expertise, as well as *ParentDish.com* and *Examiner.com*.

In addition to her work with the media, Christine is a sought-after speaker on a variety of health-related topics. In her private practice, she provides practical advice on weight management, family nutrition, heart disease prevention, and general lifestyle improvement. For over 15 years, she has been an adjunct faculty member of Benedictine University.

Christine also analyzes recipes for nutrient values, develops nutrition education materials, exhibits at professional meetings, and works on special projects for an interesting client mix of public relations firms and food companies. She began her career counseling cardiovascular and diabetic patients at the University of Chicago Medical Center and at Mt. Sinai Hospital in Minneapolis.

Christine served on the American Dietetic Association Board of Directors as a Director-at-Large from 2006-2009, and participated in their House of Delegates and on numerous committees. Christine was one of seven entrepreneurial dietitians whose careers were featured in the *American Dietetic Association Guide to Private Practice*.

Awards include *Outstanding Dietetic Educator* by the Illinois Dietetic Association for 2011, *Outstanding Nutrition Entrepreneur* (2007) by the American Dietetic Association's Nutrition Entrepreneurs practice group, as well as *Outstanding Dietitian of the Year* (2002) and *Recognized Young Dietitian of the Year* (1982) by the Illinois Dietetic Association.

A graduate of St. Catherine University in St. Paul, Christine also holds a masters degree in business administration (marketing) from DePaul University. She is the mother of three.