

Ellie Krieger

Ellie Krieger is the host of the Food Network's & Cooking Channel's popular show "Healthy Appetite" and author of the how-to on easy-to-live with habit changes, *SMALL CHANGES BIG RESULTS*, the New York Times bestselling and IACP and James Beard Award winning *THE FOOD YOU CRAVE: Luscious Recipes for a Healthy Life*, the New York Times bestseller *SO EASY: Luscious Healthy Recipes for Every Meal of the Week* and her most recent James Beard Award nominee *COMFORT FOOD FIX: Feel Good Favorites Made Healthy* recently released in October 2011.



A registered dietitian, Ellie has a master's degree in nutrition from Columbia University and completed her undergraduate degree at Cornell University. Ellie was an adjunct professor at New York University in the Department of Nutrition, Food Studies, and Public Health. In her years in private practice, she counseled a variety of clients, from homemakers and CEOs to notable celebrities.

Today, Ellie's extensive work in the media has earned her a loyal following and national recognition. She speaks regularly at high profile events around the country and has appeared as a guest expert on dozens of national television programs including *The Today Show*, *Good Morning America*, *The CBS Early Show*, *Live with Regis & Kelly*, *CNN*, *CNN HLN's Morning Express*, *ABC News Now* and *Dr. Oz*. Additionally, Ellie is a contributing editor and columnist with *Fine Cooking* magazine and the *Food Network* magazine. She contributes regularly to *Women's Health* and *Fitness* magazines and has appeared in countless other mainstream publications including *People*, *Glamour*, *Self*, *Better Homes & Gardens*, *Reader's Digest*, *Real Simple*, *More*, *Health*, *Parenting*, *Cooking Light*, *First and Prevention*.

Ellie has been at the forefront of First Lady Michelle Obama's "Let's Move" campaign from the beginning when Michelle personally invited her head up the "Healthy Kids Fair" at the White House in 2010. Ellie prepared a colorful array of fresh fruits and vegetables in the White House kitchen and challenged dozens of children from the community to "eat the rainbow" in produce every day; a simple and easy way to engage children in a healthier lifestyle. The fair was part of Obama's "Healthier US Schools Challenge" and since then Ellie has teamed up with the School Nutrition Association and taken action at a grass roots level with her daughter's New York City public school. On behalf of the Food Network she recently testified before the House Committee on Agriculture about nutrition, healthy eating and the growing epidemic of childhood obesity.