

Dawn Jackson Blatner, RDN, CSSD (@djblatner)

Dawn Jackson Blatner is a registered dietitian nutritionist and certified specialist in sports dietetics. Dawn is the nutritionist for the *Chicago Cubs*, a food and nutrition blogger with *Huffington Post*, and a nutrition expert on the advisory board of *SHAPE Magazine*. She is the author of two books: **The Flexitarian Diet**, ranked a top plant-based diet by *US News & World Report* and **Superfood Swap**, coming out at the end of 2016. Dawn recently starred in (and won!) the hit primetime ABC television show called, *My Diet Is Better Than Yours*.

Dawn received Lifetime Television's "Remarkable Woman Award" for her work in the field of nutrition and has over 15 years experience working with clients to super-charge their health. She is the creator of the *Nutrition WOW* blog & weekly eblast, which just got ranked top nutrition blog by *Health magazine*. She is a trusted expert appearing regularly in local and national media outlets such as *The Today Show* and *Good Morning America Health* and she creates recipes for national publications such as *Vegetarian Times*, *Yoga Journal* and *Fitness Magazine*.

Dawn has worked as the dietitian for Lifetime Television, Wild Oats healthfood store, The Chopping Block cooking school, exclusive beauty spas, DePaul University and Northwestern Memorial Hospital Wellness Institute. She was a national media spokesperson for the Academy of Nutrition & Dietetics for 9 years.

When she's not traveling the world sharing her nutrition philosophy, you can find Dawn in her hometown of Chicago...at a farmers market feeling up produce for freshness, in the kitchen testing out new recipes or jogging to pop music. She has an awesome stepson in college and lives with her handsome husband Chris and part-time shih tzu, Mr. Nuts. Her website, **DawnJacksonBlatner.com**, is packed with resources focused on real food, more fun and no b.s. for people who want to eat right & feel awesome.