

# Sharon Palmer, RD

## The Plant-Powered Dietitian™

food and nutrition writer and editor  
plant-based nutrition expert, author, speaker



*“I like to bring a personal edge to my writing. Today the public is fascinated in a variety of hot topics in nutrition. I infuse my work with the latest in scientific-based information to help them cut through the confusion.”*

~ Sharon Palmer

Sharon Palmer, RDN, The Plant-Powered Dietitian™, is an award-winning food and nutrition expert, journalist, and editor. She is author of *The Plant-Powered Diet: The Lifelong Eating Plan for Achieving Health, Beginning Today* (The Experiment, 2012) and *Plant-Powered for Life: Eat Your Way to Lasting Health with 52 Simple Steps & 125 Delicious Recipes* (The Experiment, 2014). Over 850 of her articles have been published in national publications, including *Prevention*, *Better Homes and Gardens* and *Yoga Journal*. Sharon also is editor of *Environmental Nutrition*, nutrition editor of *Today's Dietitian*, blogger for The Plant-Powered Blog, and publisher of her monthly *The Plant-Powered Newsletter*. Her specific expertise is in plant-based nutrition, including flexitarian, vegetarian and vegan diets. She serves as the consultant dietitian for the Oldways Vegetarian Network, an editor for the Academy of Nutrition and Dietetic's website [eatright.org](http://eatright.org), and judge for the prestigious James Beard Foundation Journalism Awards. Sharon is regularly invited to speak on food and nutrition at a number of events across the country. She is passionate about sharing her enthusiasm for sustainable, delicious, healthy food. Living in the chaparral hills overlooking Los Angeles with her husband and two sons, Sharon enjoys visiting her local farmers market, gardening, and cooking for friends and family.

# reviews

***“Sharon Palmer stands in the forefront of the latest food and nutrition breakthroughs as they relate to our health and the health of our planet. She has an intuitive grasp of the impact our actions today will have on generations to come, and tells the story with a depth of knowledge developed only through years of experience, study and application.”***

~ Diane Muhlfield, Group Director, Belvoir Media Group

***“Sharon is one of the most delightful and professional people I’ve dealt with in my twenty years in publishing. Over the years, she has been an integral part of establishing Today’s Dietitian’s brand and quality of content. Her superior writing can be found regularly within the pages of the magazine. Her guidance in the dietetics field has been truly invaluable, as we continue to turn to her regularly for the latest trends and industry standards.”***

~ Mara Honicker, Publisher, Vice President & COO, Great Valley Publishing Company

***“I have never seen anyone do a better job of getting to the essence of complex nutrition science issues and communicating them in a common sense fashion that is easy to follow.”***

~ Rodger Wasson, President, Wasson Idea Farming

***“Sharon Palmer is one of the most well-respected dietitians in the media today. Sharon is a highly sought-after nutrition journalist because she is an expert at translating complex nutrition topics for public consumption. Having published more than 800 nutrition articles in popular magazines, Sharon is the go-to source for reliable, science-based nutrition information.”***

~ Barbara Ruhs, MS, RD, LDN, Supermarket Dietitian, Basha’s Family of Stores

***“Sharon does a fabulous job of keeping up on the latest food trends and health research and then turns that information into easy-to-understand, service-oriented articles for our readers.”***

~ Lois Anne Naylor, Senior Editor, Meredith Xcelerated Marketing

***“It is a pleasure to work with Sharon, who is a true professional in every sense. She asks excellent questions and always gets the details right in her features. She offered an insightful presentation about plant-powered diets at one of our recent events and is clearly a thought leader with conviction in this important arena.”***

~ Georgia Orcutt, Program Manager, Oldways

# Sharon Palmer, RD

Sharon has created an award-winning career based on combining her two great loves: food and writing. As a registered dietitian with 16 years of health care experience, she channels her experience into writing features covering health, wellness, nutrition, cooking, and cuisine. Sharon is also a passionate writer about food and environmental issues, having published a number of features on plant-based diets, hunger, agriculture, local and organic foods, eco-friendly culinary practices, sustainability, food safety, humane animal practices, and food security. In particular, Sharon has expertise in plant-based nutrition.

Over 850 of Sharon's features have been published in a variety of publications, including *Better Homes and Gardens*, *Prevention*, *Oxygen*, *LA Times*, *Cooking Smart*, *Delicious Living*, *Food Product Design*, *Today's Dietitian*, and *CULINOLOGY*. She has contributed to several books, including *Food & Cultural Issues for the Culinary, Hospitality and Nutrition Professions* (Jones and Bartlett Publishers, Inc. 2009). Sharon is also the editor of the acclaimed health newsletter *Environmental Nutrition*. Her book *The Plant-Powered Diet: The Lifelong Eating Plan for Achieving Optimal Health, Beginning Today* (The Experiment, July 2012) was a critical success, and was followed by her second book *Plant-Powered for Life: Eat Your Way to Lasting Healthy with 52 Simple Steps & 125 Delicious Recipes* in July 2014.

Sharon also shines in culinary arts, focusing on globally inspired recipes featuring whole plant foods. She enjoys hosting culinary demonstrations and farm to table cooking classes. In addition, Sharon regularly appears in the media as a nutrition expert, and presents on food and nutrition at venues, including California Dietetic Association, Whole Foods, and Supermarket Dietitian Symposium all across the country. She also serves as nutrition advisor to Oldways Vegetarian Network and nutrition editor for *Today's Dietitian*.



# resume

## EDUCATION:

Bachelor of Science degree in Administrative Dietetics from Loma Linda University, June 1984. Registration received by ADA in October, 1984. Internship per CUP program, Loma Linda University. Continuing education annually through the Academy of Nutrition and Dietetics. Serv-Safe Certification, 1999. Writing courses, Pasadena Career College, 2000.

## EXPERIENCE:

### 2009-present

Editor, *Environmental Nutrition* – Responsibilities include overseeing the publication of this award-winning nutrition publication, including contracting with freelance writers to produce content, developing editorial guidelines for publication, fact checking all content, answering readers feedback, directing quality of publication, writing content, maintaining knowledge of current nutrition science to provide cutting edge content, assisting with marketing, and interviewing nutrition experts as sources.

### 2000-present

Freelance Journalism - Responsibilities include writing and publishing articles, which includes research, traveling, interviewing, and fact-checking. Providing photography for many features upon request. Serving as book contributor, newsletter editor, monthly columnist, Ask the Expert, and contributing editor for several publications. Written over 750 features in publications like *Better Homes and Gardens*, *LA Times*, *Mountain Views*, *Antique Trader*, *Backwoods Home*, *BackHome*, *Capper's*, *Boys' Quest*, *Discovery Trails*, *Trips and Journeys*, *Food and Fitness Advisor*, *Food Product Design*, *Imagine*, *QSR Magazine*, *Chicken Soup for the Soul Magazine*, *EPregnancy*, *ParentTeacher*, *Costco Connection*, *Herbs for Health*, *International Sommelier*, *American Magazine*, *Oxygen*, *Orange Coast*, *Delicious Living*, *Campus Life*, *Antique Road Show Insider*, *Women's Health Advisor*, *CULINOLOGY*, *Cooking Smart*, and *Diabetes Self-Management*.

### 1992-1999

Director of Food and Environmental Services at St. Luke Medical Center, Pasadena, CA. Responsibilities included management of operations and staff relating to the food, nutrition, and environmental services in this 180-bed acute care hospital. Direct involvement with menu planning, purchasing, human resources, employee education, cafeteria operations, special functions, budget planning, labor/cost analysis, kitchen redesign, hospital interior decorating, sanitation, nutrition management, waste management, recycling, linen management, and JCAHO/Title 22/OSHA/OBRA requirements.

### 1991-1992

Corporate Dietitian at FSC Management Company, a subsidiary of Computrition, Chatsworth, CA. Managed the consultant dietitian group of FSC which targeted the long-term care setting. Supervised eight dietitians in the provision of consultant nutrition services throughout the L.A. area. Developed computer based menu systems and mail order products including diet manual, clinical assessment forms, and consulting forms. Assisted in the marketing of computer software products with healthcare applications.

### 1990-1991

Chief Dietitian at Desert Hospital, Palm Springs, CA. Assisted the Foodservice Director in all aspects of managing the Nutrition Services Department of this 350-bed acute care hospital. Supervised the clinical nutrition staff and diet office. Developed and implemented a computerized menu system, quality improvement programs, nutrition support team, and an outpatient program.

### 1989-1990

Director of Foodservice at Bear Valley Community Hospital, Big Bear Lake, CA. Developed and coordinated clinical services including outpatient programs, nutritional support, and a nutritional assessment program. Managed all aspects of foodservice, including menu writing, cafeteria and patient feeding, and special functions.

### 1986-1989

President and Founder of Nutrition Network, a Consultant Dietitian Group, Redlands, CA. Provided nutritional services to healthcare facilities throughout the Southern California area. Employed six dietitians and an office staff in order to provide clinical nutrition, menu writing, and operations consulting services to a total of 38 facilities.

## SCHOLARSHIPS AND AWARDS:

Distinguished Alumnus Award, Loma Linda University, 2013.

Graduated with Honors, Loma Linda University, 1984.

Nutrition and Dietetics Award, The American Dietetic Association, Loma Linda University, 1984.

Ruth Little Nelson Award in Dietetics, Loma Linda University, 1983.

Loma Linda Foods Scholarship, 1983.

ASHFSA Scholarship, 1983.

Top 5% level of graduating high school class, Auburn Academy, WA, 1979.

## ASSOCIATIONS AND MEMBERSHIPS:

Academy of Nutrition and Dietetics

The Association of Food Journalists

International Association of Culinary Professionals

Nutrition Entrepreneurs Dietetics Practice Group

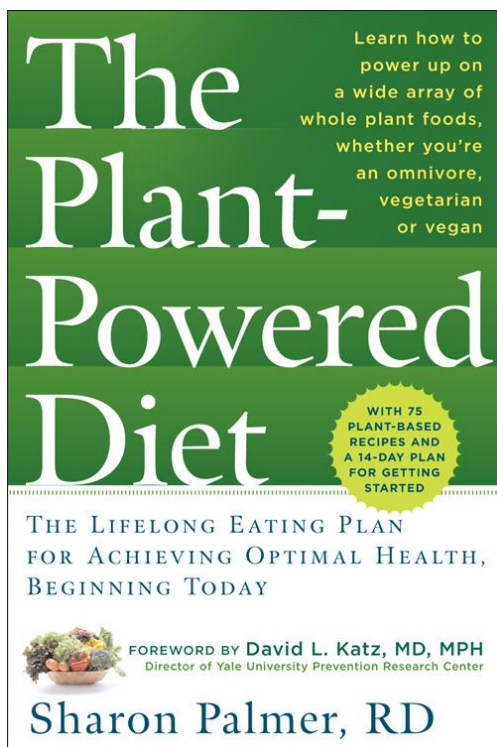
Hunger and Environmental Nutrition Dietetics Practice Group

California Dietetics Association

Los Angeles District Dietetics Association

## PUBLICATIONS:

- Palmer, S. (2013, April). Dietary Antioxidants. *Today's Dietitian*, Vol. 15 No. 4, 42.
- Palmer, S. (2013, April). Wheat – Friend or Foe? *Environmental Nutrition*, Vol 36 No.4, 1
- Palmer, S. (2013, Winter). Gluten-Free Gluttony. *Food Fanatics Magazine*. Retrieved April 16, 2013, from <http://foodfanatics.usfoods.com/people/gluten-free>
- Palmer, S. (2013, February). “Med Up” Your Diet! *Environmental Nutrition*. Vol 36 No.2, 1.
- Palmer, S. (2012, December). Go Nuts for Health. *Chicago Tribune*. Retrieved April 16, 2013, from <http://www.chicagotribune.com/health/>
- Palmer, S. (2012, June). Can Tomatoes Slice Prostate Cancer Risk? *Today's Dietitian*. Vol 14 No.6, 20.
- Palmer, S. (2011, September). San Diego's Local Flavor. *Today's Dietitian*, Vol. 13 No. 9, 34.
- Palmer, S. (2011, August 26). The power of plants in your diet. *Chicago Tribune*. Retrieved February 28, 2012, from <http://www.chicagotribune.com/features/food/>
- Palmer, S. (2011, July 31). Top 10 Healthy “Convenience” Foods. *Fooducate*. Retrieved February 28, 2012, from <http://blog.fooducate.com/tag/sharon-palmer/>
- Palmer, S. (2011, July). Born to Sweeten. *Today's Dietitian*, Vol. 13 No. 7, 32.
- Palmer, S. (2011, February). Inflammation - Can't Stand the Heat? Then get in the Kitchen. *Today's Dietitian*, Vol. 13 No. 2, 36.
- Palmer, S. (2011, Winter). Why You Should Learn to Love (And Pronounce) Quinoa. *Publix GreenWise Market Magazine*. Retrieved February 28, 2012, from <http://www.publix.com/>
- Palmer, S. (2010, September). Lunch Lessons. *Today's Dietitian*, Vol. 12 No. 9, 36.
- Palmer, S. (2010, September). Normal Weight, Yet Unhealthy - A Growing Concern. *Environmental Nutrition*, Vol. 33 No. 9, 2.



## THE PLANT-POWERED DIET:

“Here's a book for everyone - not just those who have already sworn off animal products forever. Omnivores, like me, take heart! Sharon Palmer, RD offers sage advice on how to become a "plant-powered" omnivore, helping us place our meat consumption in proper portions and perspective while celebrating her recipes for delicious plant-based protein dishes to satisfy our inner paleo. The Plant-Powered Diet rocks!”

~ David Grotto, RD, Author of *101 Foods That Could Save Your Life* and *The Best Things You Can Eat*

“The Plant-Powered Diet by Sharon Palmer is the best book on diet & health for vegans or omnivores.”

~ Ginny Kisch Messina, *The Vegan RD*

"Sharon Palmer's wisdom will be invaluable."  
—PEGGY NEU, president of The Monday Campaigns, on *The Plant-Powered Diet*

# PLANT- POWERED FOR LIFE

Eat Your Way to Lasting Health  
**WITH 52 SIMPLE STEPS  
& 125 DELICIOUS RECIPES**



**SHARON PALMER, RD**  
Author of *The Plant-Powered Diet*

PLANT-POWERED FOR LIFE, EAT YOUR WAY TO LASTING HEALTH WITH 52 SIMPLE STEPS AND 125 DELICIOUS RECIPES:

*"Sharon Palmer shares her passion for wholesome, delicious plant foods [and] will help you find your own plant-based eating style that's healthy, sustainable, and delicious."*

~Cheryl Forberg, RD, James Beard Award-winning chef, New York Times bestselling author, and original nutritionist for *The Biggest Loser*