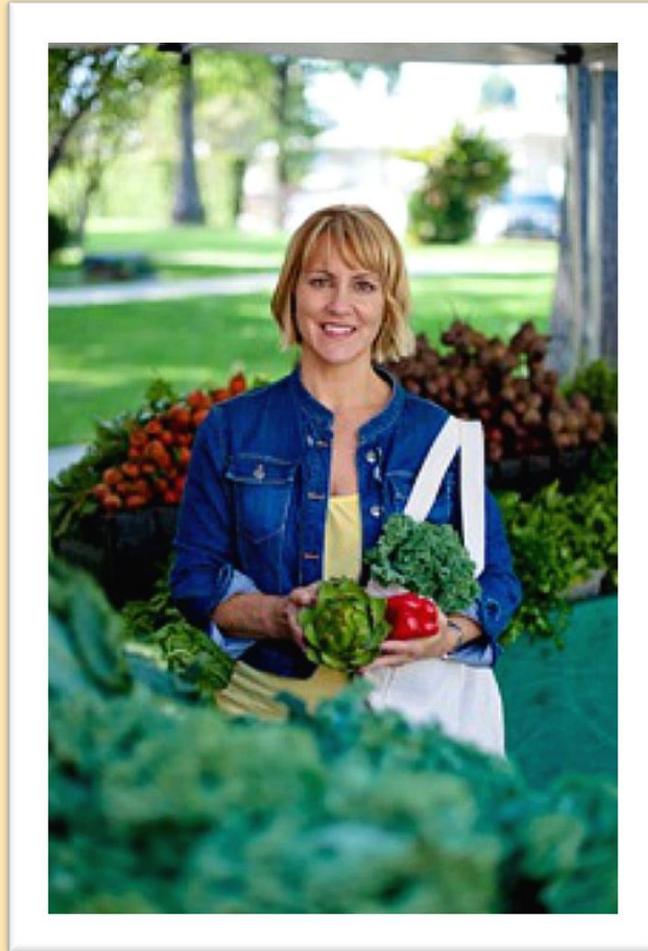


# Sharon Palmer, RD

## The Plant-Powered Dietitian™



Sharon Palmer, The Plant-Powered Dietitian™ is a writer and author of [The Plant-Powered Diet](#). Over 850 of her articles have been published in a variety of national publications, including *Prevention*, *Better Homes and Gardens* and *Today's Dietitian*. She is also the editor of the award-winning publication *Environmental Nutrition* and writes for her blog, [The Plant-Powered Blog](#). Her specific expertise is in plant-based nutrition, including Mediterranean, vegetarian and vegan diets. She serves as a nutrition advisor for the Oldways Vegetarian Network, is a Regional Co-Director for the Association of Food Journalists, and is an editor for the Academy of Nutrition and Dietetics website, [eatright.org](#). Her second book, *Plant-Powered For Life: 52 Simple Steps and 125 Delicious Recipes to Get You Started and Make It a Habit*, will be in stores spring of 2014.

# Presenter, Speaker & Plant-Based Expert

*Sharon is a nationally recognized expert and sought-after speaker on the topics of plant-based nutrition, sustainability, communications, and plant-based cuisine.*

## A Plant-Powered Diet for Optimal Health

Join Sharon Palmer as she explains why hundreds of studies indicate that by eating whole, minimally processed plant foods, people gain protection against everyday illness, diabetes, obesity, depression, mental decline, heart disease and cancer. Sharon explains why everyone can benefit from filling their plates with more whole plant foods, and provides simple strategies for helping people achieve an optimal lifestyle.



## Global Traditions for Plant-Powered Cuisine Yield Good Taste and Health

Most indigenous cuisines around the world have two things in common: They are plant-based, and they are delicious. Sharon introduces you to the world of plant-based cuisine, from traditional foods in South America and Africa to the Mediterranean and Asia. These cultural foods offer delicious health benefits linked with eating a whole plant food-based diet.

## The Plant-Powered Prescription for Inflammation

Chronic inflammation is a condition that scientists now widely believe is a root of the chronic killer diseases of our time, including heart disease, metabolic syndrome, type 2 diabetes, cancer, rheumatoid arthritis, and neurodegenerative disease. According to growing evidence, your diet and lifestyle can either create a pro-inflammatory environment or an anti-inflammatory one. In this plant-powered presentation, Sharon advises why shifting towards a plant-based diet will also shift your lifestyle from a pro-inflammatory one to an anti-inflammatory one.

## Power Up with Plant Protein for Athletes

There is no underestimating how important dietary protein is to your body. Whether you're a weekend warrior or a professional athlete, learn how plant-based diets and plant-based proteins can be an important part of a nutritious eating plan for performance, recovery and well-being.

## A Cancer Fighting Diet

Unleash the power of foods to fight cancer. Research suggests that a number of plant foods, including tomatoes, soy, and cruciferous vegetables, may contain anti-cancer compounds. In fact, you can shape your entire eating style into one that boosts your defense against cancer. Sharon Palmer provides the latest science on cancer prevention and diet, powerful plant foods that host anti-cancer activity, and tips on taking on a cancer-fighting diet.

## Taking Advantage of the New Social Media to Cultivate an Online Community

In the new climate of online marketing, Sharon provides strategies for collaborating with other like-minded professionals to attract an online audience and build your brand through social media, including Pinterest, Twitter, Facebook, and blogging. Audience members will also learn how to create successful food, nutrition, and sustainability messages online through writing, blogging, and media campaigns.

## Get Clients Cooking!

Sadly, Americans are staying out of the kitchen, which makes it challenging to eat healthfully. Sharon Palmer explains how providing a culinary education can inspire people to don their aprons again and power-up with the healthful benefits of plants. Whether you're vegan, vegetarian or an omnivore, this presentation guides registered dietitians towards strategies that will help inspire their clients (and themselves) to get cooking!



## Get Sustainable: How to Promote Sustainability in Your Practice

Take on a larger role in the food system conversation by developing a more sustainable eating pattern, for individual health as well as the health of the planet. You'll be inspired by the key lessons for promoting sustainability in the kitchen, including issues of organics, local food systems, food choices, and carbon footprint.

## Plant-based Eating for the Whole Family

Hundreds of studies lead to one conclusion: plant-based eating is the optimal way to eat for good health and longevity. Whether you're a vegan, vegetarian, or omnivore, the healthiest eating style is one that focuses on whole, minimally processed plants. And the whole family—from the youngest to the oldest member—can benefit from this eating style. Learn strategies to implement a wholesome plant-based eating style for the entire family.

## Writing Workshop

Learn the basics of food and nutrition writing with Sharon Palmer, RD, an experienced writer with 13 years of experience—two books and hundreds of articles and blogs—under her belt. Sharon will lead attendees through an interactive class on writing for a variety of publications, including magazines, newspapers, newsletters, blogs and websites. In addition, Sharon will offer advice and field a Q&A session on breaking into food and nutrition writing. This workshop may be done in a roundtable fashion with an interactive element, or in a larger group setting with a power point presentation.