



## Sharon Palmer, RDN, The Plant-Powered Dietitian BIO



Sharon has created an award-winning career based on combining her two great loves: food and writing. As a registered dietitian with a broad foundation in health care, she has channeled her passion into journalism over the past 15 years, covering a variety of topics, such as health, wellness, nutrition, and cooking. Sharon is also an accomplished writer on 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 950 of Sharon's features have been published in a variety of publications, including *Better Homes and Gardens*, *Prevention*, *LA Times*, *Cooking Smart*, and *Delicious Living*. Her book *The Plant-Powered Diet: The Lifelong Eating Plan for Achieving Optimal Health, Beginning Today* (The Experiment, July 2012) was a critical success, which was followed by her second book *Plant-Powered for Life: Eat Your Way to Lasting Health with 52 Simple Steps & 125 Delicious Recipes* in July 2014. In addition, she has contributed to several books, including *Food & Cultural Issues for the Culinary*, and *Hospitality and Nutrition Professions* (Jones and Bartlett Publishers, Inc. 2009). Sharon blogs every day for her blog *The Plant-Powered Blog*, which has won numerous

awards. She is also the editor of the acclaimed health newsletter *Environmental Nutrition*, and nutrition editor for *Today's Dietitian*.

Sharon 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 national venues, including California Academy of Nutrition and Dietetics, Food and Nutrition Conference and Expo, and Supermarket Symposium. She also serves as a nutrition advisor to Oldways Vegetarian Network and is a judge for the prestigious James Beard Journalism Awards and Books for a Better Life Awards. She was the proud recipient of the Loma Linda University Distinguished Alumnus Award in 2013. Currently, Sharon is in graduate school at Green Mountain College in Vermont in order to obtain a Master Degree in Sustainable Food Systems.

Living in the chaparral hills overlooking Los Angeles with her husband and two sons, Sharon enjoys tending to her own organic garden, visiting the local farmers market every week, and cooking for friends and family.

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Note: For a selection of low res and hi res headshots and images, please see this link: <https://www.dropbox.com/sh/xqe8ob5r8o55uhd/AABXV-uaQ9mrCr1GCC8qJbtOa?dl=0>

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