

KERI GANS, MS, RD, CDN

Registered Dietitian Nutritionist & Certified Yoga Teacher



About Me:

I am known for my no-nonsense nutrition approach and for almost two decades have been a voice of reason to the media. My expert advice has been featured in over one-thousand articles, including print and on-line, both nationally and internationally. I look to the latest science to often speak on controversial hot topics in the nutrition world.

I do not believe in diets, but rather feel very strongly about making small changes in your life (hence, I wrote the book *The Small Change Diet*) that will ultimately lead to long lasting success. I also don't believe in good or bad foods, just in foods that are better for you than others and that we should consume more of. And lastly, I believe we could all use a little yoga in our lives.

1.9K

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- Yoga-focused events
- Social media engagement
- Content development
- Major print and on-line media placements TV/radio segments
- Quotes and tips in press releases



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Highlights:

- Author, The Small Change Diet
- Shape Advisory Board Member
- Forbes Health Advisory Board Member
- Contributor to U.S. News Eat + Run Blog
- Past-Spokesperson, Academy of Nutrition and Dietetics
- Past-President, New York State Academy of Nutrition and Dietetics
- Emerging Dietetics Leader & Media Excellence Awards, NYS Academy of Nutrition and Dietetics

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