



**Carolyn O'Neil, MS, RDN, LDN**

**President**

**O'Neil Food & Nutrition Communications**

**Contributing author:**

**Chapter 27: "Nutrition Communicators Have Greater Reach via Mass Media"**

**Chapter 32: "Master Media Interviews to Be a Reliable and Relatable Expert"**

Award winning food journalist, blogger, author, nutrition consultant, television personality and registered dietitian nutritionist, Carolyn O'Neil, is the author of Southern Living's best selling *The Slim Down South Cookbook: Eating Well and Living Healthy in the Land of Biscuits and Bacon* and co-author of *The Dish on Eating Healthy and Being Fabulous* winner "Best Health and Nutrition Book" at the World Food Media awards. Carolyn writes food, nutrition, travel and healthy lifestyle features for numerous publications including The Atlanta Journal-Constitution, WebMD Magazine, Modern Luxury Magazines, Atlanta Homes & Lifestyles Magazine, VIE Magazine and Food & Wine Magazine. Her blog is [www.TheHappyHealthyKitchen.com](http://www.TheHappyHealthyKitchen.com) "good for people and the planet."

A multi-award winning television journalist, Carolyn is seen regularly on NBC Atlanta & Company, CBS Atlanta Plugged-In and appears as "The Lady of the Refrigerator" nutrition expert on Alton Brown's *Good Eats Series* on Food Network. Carolyn serves as the registered dietitian consultant for Delta Air Lines.

Carolyn has earned two James Beard Foundation Awards for excellence in food journalism and was inducted into the James Beard Foundation Who's Who in Food & Beverage in America. She has been honored by the National Restaurant Association, the Culinary Institute of America, the American Heart Association, the American Society for Nutrition and the Academy of Nutrition and Dietetics for her pioneering work in food and nutrition communications. Carolyn was executive producer, correspondent and anchor at CNN for nearly 20 years, launching and leading the network's coverage of food and nutrition. Her master's degree in Nutrition with a specialization in Communication is from Boston University and undergraduate degree in Foods and Nutrition is from Florida State University. Carolyn lives in Atlanta.

**What led you to contribute your time and expertise to writing *Communicating Nutrition*?**

I've learned so much about broadcast journalism and writing for media over the years that I wanted to share this information with my colleagues.

**What is the impact you hope this book, and specifically the portion you helped write, has on the profession of nutrition and dietetics?**

My hope is that the knowledge and insight shared in this book will help registered dietitians compete and succeed in a crowded communications market.

**What is one piece of advice you would like to share with current and future nutrition communicators?**

The one piece of advice I'd like to share is to remember that your super power in media communications is your knowledge of nutrition science and ability to translate that into advice that will help the public in their quest for optimal health.

**Connect with Carolyn:**

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