



About Bonnie

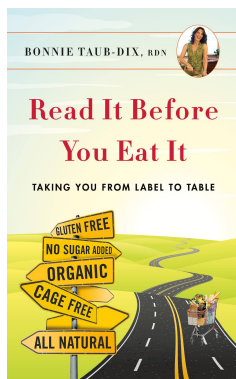
Bonnie Taub-Dix, MA, RDN, CDN is the award-winning author of, *Read It Before You Eat It - Taking You from Label to Table*, and creator of BetterThanDieting.com. Bonnie is a media personality, media trainer, spokesperson, motivational speaker, journalist, and corporate and brand consultant whose messages are laced with culinary passion and credible guidance as an advisor and wit and wisdom as a mom. Bonnie is the Owner of BTD Nutrition Consultants, LLC with offices in New York City and on Long Island.



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Bonnie's Columns & TV Appearances

Bonnie is a Contributor to or has been featured as a nutrition expert in thousands of publications including *TODAY Show*, *The New York Times*, *US News & World Report*, *Washington Post*, *USA Today*, *Huffington Post*, *EverydayHealth*, *Vogue*, *Shape*, and *Family Circle*.



Services Offered

- Corporate Advisor
 - Brand Spokesperson
 - Freelance Writer
 - Media Appearances
 - Motivational Speaking
 - Nutrition Practice Coaching
 - Social Media Consulting
 - Webinars, SMT, Press Events
 - Recipe Creation
- (See following page for detailed list)*

Read It Before You Eat It - Taking You from Label to Table

We often take more time to shop for what goes *on* our bodies (clothing) than what goes *in* them (food), in part because the supermarket can seem overwhelming. Bonnie's book translates confusing and misleading terminology into consumer-friendly information. It has been welcomed as a go-to resource for consumers, health professionals, and the food industry, attracting interviews in all forms of media. Not one brand is mentioned to welcome shopping anywhere.