

# Susie Bohanan, RD

## *Food and Nutrition Expert*

Susie Bohanan is a Registered Dietitian specializing in Health and Wellness, Nutrition Education and Food and Diet Trends. She has received the *Recognized Young Dietitian of the Year Award* by the American Dietetic Association and the Texas Dietetic Association. She is a graduate of North Dakota State University and completed her dietetic internship at Texas A&M University. She currently operates a private practice, **Nutrition For Your Lifestyle**, in the San Francisco Bay area. Susie is a member of the California, Bay Area and Diablo Valley Dietetic Associations.

Susie has extensive experience in Individual Nutrition Consultations including Diabetes, Weight Management, Cardiac Rehab, pre and post Bariatric Surgery, and Digestive Disorders. She has also developed nutrition programs, diet plans and menus for individuals as well as businesses. Other areas of professional success include Nutrition Management, Research and Development, Nutrition Writing and Presentations.

In addition to her nutrition background, Susie served as the Public Relations Chairperson for the Texas Dietetic Association promoting food and nutrition messages via press releases, radio and television appearances. Currently she provides an "Ask the Nutritionist" column to Planet Organics in San Francisco. Previously Susie has written for *Houston Health & Fitness*, *BodySmart*, *Texas Woman*, and *CarbLite* Magazines. She was also appointed to the Mayor's Fitness Council Advisory Board for "Get Lean Houston."