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## **Rosanne Rust, MS, RDN, LDN**

Rosanne is an internationally recognized nutrition expert and author with a passion for facts. She helps consumers turn confusion into clarity, and mistrust into confidence. Rosanne founded Rust Nutrition Services ([www.rustnutrition.com](http://www.rustnutrition.com)) in 2000 and provides nutrition communications consultation to the food industry and science-based-medicine organizations. A researcher and writer at heart, she created her blog, Chew the Facts™ ([www.chewthefacts.com](http://www.chewthefacts.com)), to help consumers decipher nutrition fact from myth, so they can relax and enjoy eating for better health.

She's co-authored several books in the For Dummies® consumer series including DASH Diet For Dummies®, The Glycemic Index Cookbook for Dummies® and The Calorie Counter Journal For Dummies®.

As both a mother and dietitian, Rosanne understands the importance of instilling healthy eating habits early in life. This passion led to involvement in numerous community youth nutrition education programs, and to becoming a presenter for the EPIC® Pediatric Obesity program; a collaboration between the PA Academy of Nutrition and Dietetics, the PA Department of Health, and the PA chapters of the American Academy of Pediatrics and Academy of Family Physicians. The program's goal is to encourage a team approach for primary care practices, to help them better address pediatric obesity prevention and treatment.

Rosanne's career as a Registered Dietitian includes clinical practice, teaching, and communications consulting, that spans over 30 years. She received her Bachelor of Science degree in Dietetics from Indiana University of Pennsylvania, her Master's of Science Degree in Nutrition from the University of Pittsburgh, and completed a Clinical Dietetic Internship at Mercy Hospital of Pittsburgh. She is a member of the Academy of Nutrition and Dietetics Association, the Sports and Cardiovascular Dietetic Practice Group, and is Past-Chair of the Nutrition Entrepreneurs Dietetic Practice Group.

A wife and mother of 3 sons, Rosanne practices what she preaches: A well-balanced life, that includes food and beverage splurges, along with an active lifestyle that includes jogging, walking, weight lifting, yoga, cycling, golf, hiking, boating, skiing, reading, traveling, and of course, good food shared with family and friends.

Follow her on social media [@rustnutrition](https://twitter.com/rustnutrition) or [@chewthefacts](https://www.instagram.com/chewthefacts) or contact her at her website <http://www.rustnutrition.com>

## BIO BRIEF

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