



ROSANNE RUST, MS RDN

[www.rustnutrition.com](http://www.rustnutrition.com)

## BIO

Rosanne is an internationally recognized nutrition expert and author with a passion for facts. She created her Chew the Facts® blog, as an antithesis to pseudoscience, to help consumers decipher nutrition fact from myth so they can enjoy life. Relaunching the brand in Fall 2019, she plans to continue to provide relevant, well-referenced blog topics, while adding new educational tools for consumers.

Her career as a Registered Dietitian spans over 30 years and includes clinical practice, teaching, writing, speaking, content development, and other communications work. Rosanne founded her nutrition communications company, Rust Nutrition Services ([rustnutrition.com](http://rustnutrition.com)), in 2000, with the goal to educate consumers by delivering science-based diet and nutrition information. Over the years, she expanded her services to helping industry or brands communicate to consumers so they can showcase the value of their products, building trust and consumer confidence. Rosanne is sought after for her unique insight and the new perspectives she brings to clients, as well as her unflappable communication style in tackling tough topics.

A researcher and writer at heart, her most popular consumer books include the DASH Diet For Dummies®, 2nd edition, DASH Diet for Two cookbook, and the Glycemic Index Cookbook for Dummies®. Rosanne also served as both an editor and chapter co-author for the Academy of Nutrition and Dietetics' upcoming book (Spring 2020), *Communicating Nutrition: The Authoritative Guide*.

Rosanne is happily married and the mother of 3 sons. She practices what she preaches: A well-balanced life, that includes food and beverage splurges, along with an active lifestyle and stress management. Follow her on social media (@rustnutrition or @chewthefacts) or contact her at her website.