

## ROSANNE RUST, MS, RDN



Rosanne is an internationally recognized nutrition expert and author, blogger and truth-seeker. Owner of Rust Nutrition Services ([www.rustnutrition.com](http://www.rustnutrition.com)), she provides a variety of nutrition communication services to the food industry and science-based medicine organizations. A researcher and writer at heart, Rosanne created her blog, Chew the Facts® ([www.chewthefacts.com](http://www.chewthefacts.com)), to help consumers understand more about health, nutrition, food and food processing, so they can relax and enjoy eating for good health. Her food and nutrition content for consumers aims to help them turn confusion into clarity, and mistrust into confidence.

Rosanne has published nine books including several in the popular For Dummies® series. Her latest, a 2<sup>nd</sup> edition of DASH Diet For Dummies® (Nov. 2020), covers one of the top evidence-based diets for overall health. Her upcoming book Zero Waste Cooking For Dummies® hits shelves in January 2022. She also published the DASH Diet for Two cookbook (2020) that offers simple heart-healthy recipes for people cooking for just one or two.

A wife and mother of 3 sons, Rosanne practices what she preaches: A well-balanced life, that includes regular exercise, rest, and a healthy diet that allows for food and beverage splurges. She's currently working on her golf game and enjoys daily power walks outdoors and weight training (mixing in the occasional bike ride, kayak or yoga). She loves to read and travel, and of course, one of her favorite things is enjoying good food with family and friends.

