Carolyn O'Neil MS, RDN, LD

Registered dietitian nutritionist, speaker, author, writer, cook author, consultant, and multi media journalist specializing in food, nutrition & cuisine.

In The Mix

- Author, Southern Living's *"Slim Down South Cookbook: Eating Well and Living Healthy in the Land of Biscuits and Bacon"*, Oxmoor House 2014

- Author of, *"The Dish on Eating Healthy and Being Fabulous!"* with co-author Densie Webb, Ph D, RD. Simon & Schuster, Atria Books 2006, 2009

- Nutrition Advisor to Delta Air Lines. (2019 to present)

- Food and Nutrition guest expert for NBC "Atlanta & Company" news feature program. (2015 to present)

- Food and Nutrition guest expert for CBS "Atlanta Unplugged" new feature segments (2019 to present)

- *'Lady of the Refrigerator'* nutrition expert on Alton Brown's award winning TV series *Good Eats, Good Eats Reloaded, and Good Eats: The Return on* Food Network and Cooking Channel (2004 to present)

- *A*djunct Professor of Journalism at Emory University, Atlanta (Spring and Fall 2012)

- Guest Lecturer, FDNS Nutrition Education, University of Georgia (2017-present)

- Food & Travel Contributor, Atlanta Homes & Lifestyles Magazine

- Contributor, Food & Wine Magazine
- Food & Travel Contributor, VIE Magazine
- Food & Travel Contributor, Modern Luxury's The Atlantan Magazine
- Contributing nutrition expert for *WebMD and WebMD Magazine*
- Nutrition consultant for PBS, Georgia Public Broadcasting food and health related television specials.
- Food & Nutrition Blogger, www.thehappyhealthykitchen.com
- Member of RD National Communicator Network for Kids Eat Right Campaign, American Dietetic Association Foundation.
- Second Century Liaison for Georgia Academy of Nutrition Dietetics to the Academy of Nutrition and Dietetics
- National Judge, The James Beard Foundation Awards, Broadcast Media Committee (2011 to present)

Nationally Recognized Nutrition and Health Expert.

Contributed to and quoted in major national publications including The New York Times, USA Today, Newsweek, Self, Shape, Glamour, In-Style, Better Homes &Gardens, Ladies Home Journal, Marie Claire, Women's Health, Men's Health, Quick and Simple, Atlanta Journal-Constitution, Chicago Tribune, The Wall Street Journal and Cox Newspapers nationwide. National television appearances include The Doctors, NBC Today Show, Fox & Friends, TV Food Network and CNN. Contributing nutrition expert for AOL and WebMD.

National media spokesperson for Nutrition Communication Campaigns via speaking events, television, radio and print publications.

Clients have included the Milk Processors, Dannon, Nestle, Chobani, Nabisco, Panera Breads, Georgia Pecans, Florida Department of Citrus, Nestle, Sunbelt Bakery, Con Agra Foods Home Food Safety Campaign, Con Agra Foods, The American Dietetic Association, The National Restaurant Association, Quaker Oatmeal, Tropicana, Florida Grapefruit Juice,

The California Almond Board, Ocean Spray, Fleischmann's Margarine, POM Wonderful, Wonderful Pistachios, Planters, Sunsweet, Canned Food Alliance and the USA Rice Council.

Experience and Projects.

Nutrition Advisor
Delta Air Lines
Special Meals Project to Update Menus
January 2019 to present.

Weekly columnist
"Healthy Eating Out"
The Atlanta Journal-Constitution
2006 to 2016

Nutrition Advisor and Nutrition Communications Leader
BestFoodFacts.org
Center for Food Integrity
June 2013 to 2015

Health & Nutrition Editor
Healthy Travel Magazine
2012 to 2014

Contributor
"Toque Trends"
The Atlantan Magazine
2012 to present

Contributor
Agents of Change Magazine
Unilever
2017

Lifestyle Editor
Flavors Magazine, Atlanta
2006 to 2012

Nutrition Expert, Writer

National Publications and Websites
WebMD Magazine, WebMD online, Woman's Day,
Shape Magazine, Self Magazine, Best Self Atlanta Magazine, Cooking Light.
2004 to present

"Lady of the Refrigerator" Character
Nutrition expert
Alton Brown's *Good Eats*
Food Network
2006 to present.

Television Host
Food Rescue Segment
Medivista Media-Everwell Television
Video patient education service provided to physicians and health centers.
2007 to present.

Television Host
CBS 46 Atlanta "Better Mornings"
"Healthy Dish" weekly segment and online videos

Television Nutrition Expert
NBC Atlanta & Company
Nutrition related food demos on LIVE news features program.
2015 to present

Nutrition Expert Guest
The Doctors, The TODAY Show, Fox & Friends, MSNBC
Multiple local network affiliate stations nationwide

Television Host
PBS TV "Cook-Off America"
27 part National PBS Television series with Chef Marcel Desaulniers
January 2002 to present.

Anchor/Senior Correspondent
CNN Travel Now
CNN Travel Unit
Features Department, Atlanta GA
December 1998 to November 2000

Responsible for anchoring, reporting, researching, writing and producing features on food and travel for CNN Travel Now, CNN's weekly program on travel, tourism and global

cuisine. In addition, features aired on CNN Headline News, CNN International, CNN Airport Network, Delta's Horizon In-flight Entertainment and were distributed via CNN Newsource to affiliate TV stations nationwide. Also responsible for providing related material to CNN Interactive food and travel web pages. Topics ranged from trends in travel destinations with culinary and cultural features to the latest news on travel business and safety.

Executive Producer/Senior Correspondent /Managing Editor
CNN On The Menu
CNN Food & Health Unit
Features Department, Atlanta GA
June 1982-December 1998

Created and developed CNN's pioneering award winning news beat on food, nutrition, health and cuisine as the industry's first full time anchor and correspondent dedicated to this specialty. This leadership role is responsible for researching, writing, producing and reporting daily news features on food and nutrition. "Food & Health" reports covered topics ranging from nutrition research to trends in eating styles, agriculture, food industry and cuisine. O'Neil also responsible for LIVE reporting on breaking food and nutrition news topics for CNN newscasts.
This leadership role is also responsible for producing, writing and anchoring "On The Menu", CNN's weekly half hour program on food, nutrition and cuisine.
As executive producer O'Neil was responsible for planning and implementing budget, editorial content oversight and staff management.

Consumer Reporter/ News Anchor
WTVX-TV, CBS Affiliate West Palm Beach, FL
Produced, wrote and announced consumer and health reports for noon and evening newscasts. Also responsible for producing and conducting live interview segments on noon news program. Anchored and produces early morning general newscasts.
January 1980-May 1982

Consumer Reporter
Warner Cable Television of Massachusetts
Boston, MA
Produced, researched, wrote and announced consumer and health reports for Boston area nightly news program.
February 1979- December 1979

Registered Dietitian Clinical Experience and Training.

Outpatient Education Registered Dietitian
Peter Bent Brigham Hospital & Massachusetts Nutrition Information Center
Harvard University Affiliated Teaching Hospital
Boston, MA
October 1979- January 1980
Responsible for diet counseling of clinical outpatients with diabetes and for answering requests for general nutrition information from the public at the Massachusetts Nutrition Information Service.

Dietetic Intern
Veterans Administration Hospital
San Diego, CA
September 1977 –May 1978

One of six candidates chosen for sought after internship.
Calculated diets, instructed patients and developed patient care plans. Intern also responsible for creating educational materials, public speaking, recipe development and supervising foodservice employees.

EDUCATION

Boston University
Boston, MA
Master of Science in Nutrition with a specialization in Communication,
Cum Laude
Sargent College of Allied Health Professions & School of Public Communication
May 1979

Florida State University
Tallahassee, FL
Bachelor of Science in Foods and Nutrition,
Magna Cum Laude
Minor in English
School of Home Economics

December 1979

AWARDS

Reader's Digest/Hoffman La Roche Award
Recipient of first Nutrition Communication Scholarship presented to a graduate student.
January 1979

1985 Howard Blakeslee Award
The American Heart Association's award for excellence in medical journalism
Category: Network Television

1987 Howard Blakeslee Award
Category: Network Television

1987 Tara Award
Georgia Chapter of American Women in Radio and Television
Category: Television Personality of the Year

1988 Media Excellence Award
The American Dietetic Association

1989 President's Circle Award for Nutrition Education
The American Dietetic Association

1990 Media Excellence Award
The Institute of Food Technologists

1990 ACE Award Nomination
Category: Best Educational Series

1991 William Harvey Award
American Medical Writers Association award for
Television coverage of cholesterol and blood pressure issues

1992 ACE Award Nomination
Category: Best Consumer Series

1992 Award for Excellence
Association of State and Territorial Public Health Nutrition Directors

1992 William Harvey Award
American Medical Writers Association award for Television coverage of cholesterol

1993 Ambassador of the Culinary Institute of America
Distinguished Service to Hospitality Industry for Contribution to Culinary Education

1993 William Harvey Award
American Medical Writers Association award for Television coverage of cholesterol

1993 James Beard Foundation Nomination
Category: Best TV Food Journalism
Series: "On The Menu"

1994 James Beard Foundation Award
Category: Best TV Food Journalism
Series: "On The Menu"

1994 James Beard Foundation Award
Category: Best TV Food Journalism
Special: CNN Presents "Food To Die For"

1995 James Beard Foundation Nomination
TV Food Journalism

1996 James Beard Foundation Nomination
TV Food Journalism

1997 James Beard Foundation Nomination
TV Food Journalism

1998 Inductee James Beard Foundation
Who's Who in Food and Beverage

1998 James Beard Foundation Nominee
TV Food Journalism

1998 Grad Made Good Alumni Award
Florida State University

1998 Certificate of Appreciation for
USDA-CNN nutrition education videos
And exemplary service to America's children and needy families

United States Department of Agriculture

1999 James Beard Foundation Nominee
TV Food Journalism

1999 Inductee National Restaurant Association,
Educational Foundation College of Diplomates

1999 Versailles International Cookbook Fair
World Award
Best TV Food Presenter

2005 Gourmand Cookbook Award
Best Health and Nutrition Book- USA
Best Health and Nutrition Book- World

2005 World Food Media Award
Nominee Best Nutrition Book in the World

2006 Shugart Award Lecturer
Kansas State University
Manhattan, Kansas

2010 Lenna Frances Cooper Memorial Award Lecturer
The Academy of Nutrition and Dietetics
Food and Nutrition Conference, Boston

2013 American Society of Nutrition
Excellence in Nutrition Research and Practice
Nutrition Science Media Award Media
Presented in recognition of consistent and accurate nutrition science reporting

MEMBER

The American Dietetic Association
Registered Dietitian #491872

The American Dietetic Association

Food & Culinary Professionals
Practice Group
Chair, Nominating Committee 2002-2003

The American Dietetic Association
Marketing and Public Relations
Committee Chairperson 1990-1991

The American Dietetic Association
Dietitians in Business and Industry Practice Group

The American Dietetic Association
Kids Eat Right Campaign 2010
Member, RD Communicator Network

The American Culinary Federation
National Nutrition Projects Committee

Kaiser Family Foundation: Project Lean
Food Professionals and Journalists Working Group

The American Institute of Wine & Food
Board of Directors (1990- 1995)

The International Food Information Council
Advisory Board

National Food Editors and Writers Association

The International Association of Culinary Professionals

James Beard Foundation

James Beard Foundation Awards Cookbook Judge 1991, 1993 and 1995

James Beard Foundation Awards Restaurant Judge 1994, 1995, 1996, 1997, 1998, 1999

James Beard Foundation Awards Broadcast Media Judge, 2006 to 2011

James Beard Foundation Awards National Broadcast Media Committee 2011 to present.

Les Dames d'Escoffier International
Member (1996 to present)

Les Dames d'Escoffier Atlanta Chapter
Founding Co-President, 1996-1997

2011 Les Dames d' Escoffier International Conference, Atlanta
International Conference Co-chair

ADVISORY BOARDS

Tufts University School of Nutrition Science and Policy
Graduate Program in Nutrition Communications
Advisory Board (1998 to Present)

Florida State University
College of Human Sciences
Development Board (1998 to 2000)

California State Polytechnic University, Pomona
Collins School of Hospitality Management
Advisory Board (1999 to 2004)

International Association of Culinary Professionals
Foundation Board
Trustee (2000 to 2003)

The American Dietetic Association
Task Force on Sustainable Agriculture
Task Force Member 2006

PUBLICATIONS

"Communicating the Concepts of Good Nutrition in the 1990's"
Journal of the American Dietetic Association, March 1990.

"Nutrition in Broadcast Journalism",
Topics in Clinical Nutrition, October 1995.

Restaurants & Institutions Magazine
"Lighten Up" columnist, (1997-1998)

Cooking Light Magazine
Contributing Editor (1998 to 2001)
Contributor (present)

Gourmet Magazine
Contributor 2002

N Magazine, Nubella
Food and Nutrition Editor 2004-2005

Flavors Magazine, Atlanta
2004 to present
Lifestyle Editor

Atlanta Journal & Constitution
Cox News Wire Service
Weekly Columnist, "Healthy Eating"
2006 to 2016

Healthy Travel Magazine
Health and Nutrition Editor
March 2013 to present

The Atlantan Magazine
Contributing Food Writer
"Top Toque Trends"
2012 to present

Contributor nutrition expert
Shape Magazine
2006 to present

The Atlantan Magazine
Contributing Editor, Food & Dining
2006 to present

Jezebel Magazine, Atlanta
Food and Dining Editor
2006 to 2009

"Nutrition Makes a Difference: Communicating the
Many Ways Dietetics Practitioners Improve the World"
March 2011
Journal of the American Dietetic Association

Multiple articles
VIE Magazine, Atlanta Homes & Lifestyles Magazine, Food & Wine Magazine, Modern Luxury Magazines
Contributing food and travel writer. (2013 to present)

Volunteerism for Charitable Organizations

Atlanta Community Food Bank
Volunteer, Annual Fundraiser 2008

Senior Citizens Services
Emcee for Galas
Meal Delivery volunteer
Meals on Wheels, 1990 to present

Beauty Becomes Your Foundation
"Changing the way society looks at seniors"
2006 to present

March of Dimes Gala, Atlanta
Emcee
2006 Committee member

French Heritage Society
Atlanta Chapter Board Member
(2015 to present)

Interesting highlights.

1976: First published article was in *Seventeen Magazine* when I won a teen diet advice contest. Then food editor Olga Rigsby chose my column 'The Diet Shelf' about keeping food portions for the day on one shelf of the fridge to organize and prevent eating other 'non diet' foods.

1980-something: Because of my CNN reporting on international nutrition issues I was invited to the White House by UNICEF officials for a reception honoring UNICEF's global nutrition efforts. I met President Bill Clinton and First Lady Hillary Clinton.

1999 – I traveled to Vietnam with a Culinary Institute of America group to produce a two-part program on culinary tourism to Vietnam for CNN Travel Now. We traveled the country from Saigon to Hanoi. The food was fabulous especially shared in the company of fellow foodies.

2001- I was invited to moderate a panel called "Nutrition Business and Health" in St. Petersburg, Russia. My panelists were Dr. Dean Ornish, Dr. Ken Cooper and a retired director of the World Health Organization. The meeting was Pepsico's Top to Top conference, which is held every other year. Other attendees included former President George W. Bush, Mrs. Barbara Bush, Henry Kissinger, other world leaders and presidents of major food and consumer products companies including Walmart, Subway, 7-11, Aramark and Asda. The other invited moderator was Sir David Frost!!

2011- One of 25 global health journalists chosen for a United Nations Foundation Fellowship to cover the United Nations General Assembly, September 18-21. The 2011 theme was health, specifically the challenge to treat and prevent non-communicable diseases.

2012: Adjunct Professor of Journalism, Emory University Journalism 201:"News Writing and Reporting" Atlanta, GA

Mentorship: I have invited more than 30 students, interns, and young professionals in the food and nutrition fields to spend a week or more with me to learn about nutrition communications. I've learned much from them!

Contact Information:

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