



**Heather Mangieri, MS, RD, CSSD, LDN**  
**Professional Bio**

Heather is a nationally recognized expert in Nutrition, Wellness & Human Performance, a Registered Dietitian-Nutritionist, a board-Certified Specialist in Sports Dietetics and the author of *Fueling Young Athletes* (Human Kinetics, 2017.) She has over 21 years of professional experience in Wellness, Sports Nutrition/Adolescent Sports Nutrition, Weight Management & Disordered Eating. Her company, *Heather Mangieri Nutrition*, provides food, fitness and nutrition consulting services for organizations, companies and clients.

Heather is passionate about translating nutrition science into practical messages that resonate with consumers that they can easily understand. She served as a national media spokesperson for the Academy of Nutrition & Dietetics for 8 years and built a solid reputation as a trusted source of food, fitness and nutrition information. She's been quoted in hundreds of national and local publications, including TV, radio, print and electronic. She uses her expertise to share science-based messages for the media, industry and brands that she trusts.

Formerly, Heather served as the Director of Communications for the Academy of Nutrition and Dietetics Sports, Cardiovascular and Wellness Nutrition dietetic practice group and lectured in the department of Exercise Science at Chatham University and at the University of Pittsburgh's Department of Sports Medicine and Nutrition. In 2012, she received the Keystone Award for demonstrating outstanding professional standards in the field of nutrition and dietetics. In 2008, Heather was recognized as Pennsylvania's Young Dietitian of the Year. She is a graduate of the Pennsylvania State University and she earned a master's degree from the University of Pittsburgh.

She resides in Pittsburgh, Pennsylvania with her three children.