

Heather Mangieri

NUTRITION

COUNSELING, CONSULTING & COMMUNICATIONS

Heather Mangieri, MS, RDN, CSSD, LDN is a nationally recognized expert in Nutrition, Wellness & Human Performance, a Registered Dietitian-Nutritionist (RDN), a board-Certified Specialist in Sports Dietetics (CSSD) 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 and Disordered Eating. Her company, *Heather Mangieri Nutrition*, provides food and nutrition counseling, consulting and communication services.

Heather is passionate about translating nutrition science into practical, easy-to-understand messages that resonate with consumers. 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 align with her likes and values.

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 in the University of Pittsburgh's Department of Sports Medicine and Nutrition. Heather is a recipient of the Pennsylvania Academy of Nutrition and Dietetics' Keystone Award for demonstrating outstanding professional standards in the field of nutrition and dietetics and was previously named Pennsylvania's Young Dietitian of the Year. She received her bachelor of science degree in nutrition from the Pennsylvania State University and earned her master's degree in wellness and human performance from the University of Pittsburgh.