



Heather Mangieri, MS, RDN, CSSD, LDN – Professional Biography

Heather is an internationally recognized registered dietitian-nutritionist, a board-certified specialist in sports dietetics and author with a passion for helping athletes fuel and hydrate to maximize their health, development and athletic performance. Her expertise is in fueling young athletes, disordered eating in sports and nutrition communications. In 2008, she founded Heather Mangieri Nutrition (<https://heathermangieri.com>) where she provides counseling, consulting and communication services for organizations and companies focused on evidence-based health and wellness.

As a sports dietitian and nutrition counselor, Heather helps young athletes properly fuel to perform their best through their adolescent years. She specializes in providing nutrition therapy for male, female and nonbinary athletes struggling with low energy availability, disordered eating patterns and eating disorders.

She's also a strong advocate for promoting evidence-based nutrition and works with schools, organizations and companies to develop and delivery appropriate and science-based sports nutrition content, policies and screening tools to meet the needs of student athletes.

Heather served as a national media spokesperson for the Academy of Nutrition & Dietetics for 8 years and currently sits on the board of editors for the Academy's online Sports Nutrition Care Manual®. Her solid reputation as a trusted source of evidence-based food, fitness and nutrition information has resulted in hundreds of national and local publications, including TV, radio, print and digital. She uses her expertise to create and deliver science-based messages for consumers through traditional and social media, corporate wellness programs, and by working with companies, organizations and brands that align with her likes and values.

Heather studied human nutrition with an emphasis on research at the Pennsylvania State University, receiving her BS degree in 1996. She earned her MS in wellness and human performance from the University of Pittsburgh in 2007.

She resides in Pittsburgh Pennsylvania, USA.