

Susie Garcia

Registered Dietitian Nutritionist



Susie Garcia, RDN is an award-winning dietitian, author, speaker and nutrition and lifestyle expert. She owns **Nutrition For Your Lifestyle**, a private practice based the San Francisco Bay area where she educates and promotes health and wellness by providing practical healthy solutions that fit her clients' lifestyle. Garcia's practice includes individual clients, groups and businesses.

Garcia taught *Nutrition* and *Food Safety* at The Culinary Institute of America, St. Helena, CA and served as Media Representative for the California Dietetic Association and was Public Relations Chairperson for the Texas Dietetic Association promoting wellness and good nutrition. She has received the *Recognized Young Dietitian of the Year Award* by the Academy of Nutrition and Dietetics and the Texas Dietetic Association. She is a graduate of North Dakota State University and completed her dietetic internship at Texas A&M University.

Garcia has filmed two video series for eHow.com and just released her co-authored book, ***Psyched to be Skinny*** in January 2014. Susie lives in Pleasant Hill, CA with her husband of 4 years, Dave. She enjoys resistance training, yoga and running; completing her first marathon in Hawaii, December 8, 2013.