

Ellie Krieger, Nutritionist and Best-Selling Author, to be Contributing Editor to Fine Cooking



Ellie Krieger, nutritionist and New York Times best-selling author, joins Fine Cooking as a contributing editor. Her new column, *The Good Life*, debuts in the February/March issue, on stands now.

“We are thrilled that Ellie has joined our family,” said Editor Laurie Buckle. “No one knows how to eat better and live smarter and healthier than Ellie Krieger. I know her fans will be thrilled to be able to see her regularly in Fine Cooking.”

Krieger’s column will focus on eating healthier without sacrificing flavor. As Ellie says, “Eating healthy shouldn’t hurt.” She will show us how to transform fatty favorites into nutritious dishes the whole family will rave about. Just try her Five-Treasure Fried Rice in the February/March issue to see what we mean.

“Ellie’s presence reinforces our commitment to cooking with fresh ingredients and always striving to offer the best advice to our readers,” adds Buckle.

Ellie is the host of Food Network's *Healthy Appetite* and she has appeared as a guest expert on dozens of programs including *Today*, *CNN*, and *CBS's Saturday Early Show*. Ellie Krieger is a registered dietitian specializing in nutrition and health communications, and her extensive work in the media has earned her a loyal following and national recognition as a trusted health professional. Ellie is the author of the New York Times bestseller *The Food You Crave* and is an adjunct professor in the New York University Department of Nutrition, Food Studies and Public Health. She received her bachelor's degree, with honors and distinction, in clinical nutrition from Cornell University and her master's in nutrition education from Columbia University.



For more information or to schedule an interview with the editor, Laurie Buckle, please contact John Baroody at 203-304-3891, fincookingpr@taunton.com