



About Keri Glassman, MS, RD, CDN.

Keri Glassman, MS, RD, CDN, is a renowned celebrity nutritionist, healthy cooking expert, and wellness thought-leader. She is the founder and CEO of Nutritious Life and The Nutrition School, an online certification that provides unparalleled, forward-thinking education to individuals of various backgrounds looking to establish successful careers in the health and wellness industry.

Keri is a *Today Show* Tastemaker and a contributing editor and advisory board member for ***Women's Health Magazine***. She is the author of four bestselling books, including *The New You and Improved Diet* and *The O2 Diet*. **She's also regularly featured on** national television programs like *The Today Show*, *Good Morning America*, and *The Rachael Ray Show* and is a prolific contributor and commentator for countless other top media outlets.

She resides in New York City with her smoothie-obsessed children, Rex and Maizy.

Education and Credentials

New York University 2002 – M.S., Dietetics and Clinical Nutrition Services

Tufts University, 1995