

Food and Nutrition Expert, Author and Entrepreneur

Layne Lieberman, MS, RD, CDN, LDN is an internationally recognized, award-winning culinary nutritionist. With a passion for wholesome food and healthy living, Layne has been a leader and innovator in the food, supermarket and health industries for over 25 years. She offers expert advice about diet, cooking and lifestyle without gimmicks or fads.

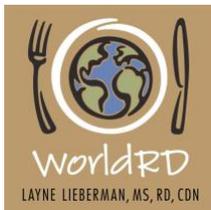
Layne spent two years living in Europe examining food culture and dietary habits. Her award winning book, ***Beyond The Mediterranean Diet: European Secrets Of The Super-Healthy***, reveals the diet secrets of the three healthiest countries in Europe—Switzerland, Italy and France—and shows how to combine superb food, a relaxed lifestyle and exceptional health wherever you live! With 50 healthy, easy, and delicious European-inspired recipes (including vegetarian, vegan and gluten-free options), Layne's beautifully illustrated book offers practical diet and lifestyle advice, introduces the **“Super Healthy Plate,”** and explains how to food shop and dine out European-style. *Beyond The Mediterranean Diet* is a combination lifestyle, culinary, diet and cookbook.



Layne holds a BS in Nutritional Biochemistry from Cornell University and an MS in Clinical Nutrition from New York University. She completed both an internship and fellowship at the Albert Einstein College of Medicine (AECOM). She continued to work at AECOM as a research clinical nutritionist specializing in diabetes and lipids. Later, Layne completed a chef-RD training course at the Culinary Institute of America. A native of New York, she spent 20 years as Director of Nutrition for America's first supermarket chain, King Kullen Grocery Company. Her work at King Kullen positioned this conventional supermarket as a national leader in selling and marketing natural and organic foods. Layne was instrumental in creating the vision for Wild By Nature, a chain of natural food markets and subsidiary of King Kullen Grocery Company. With significant experience in menu development and implementation for restaurants and food retailers, Ms. Lieberman has worked with high profile chefs to create and market healthy menus, and to provide nutritional analysis for their menu development.

Layne has been featured as a nutrition expert on numerous television, radio shows, and has contributed to various leading magazines and online sites. She had her own platform on Huffington Post USA and UK for the past four years. Layne currently leads culinary tours to southern Italy targeted to registered dietitians and those seeking an in-depth Mediterranean diet experience. The program is pre-approved by the Academy of Nutrition and Dietetics for 30 continuing education units.

Layne is involved in numerous philanthropic activities with non-profit organizations including the American Heart Association, which awarded her the distinguished Heart Health Achievement Award in June 2012.



Expertise: Culinary Nutrition, Culinary Travel Leader, Professional Writing, Nutrition Spokesperson, Recipe Development, Nutrition Counseling, Supermarket Dietitian, Retail Health Program Development, Healthy Brand Strategy, American Heart Association Spokesperson, Recipe Development for Alzheimer's Foundation of America Magazine, Huffington Post Contributor

Layne@WorldRD.com

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