

Layne Lieberman, MS, RD, CDN, LDN

Licensed in New York and Florida

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Facebook Page: WorldRD.com

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EDUCATION:

ALBERT EINSTEIN COLLEGE OF MEDICINE, Bronx, NY
Qualifying Experience (ADA approved) / nutrition fellowship
March 1984-1986

NEW YORK UNIVERSITY, New York, NY
MS Clinical Nutrition
January 1986

CORNELL UNIVERSITY, Ithaca, NY
BS Nutritional Biochemistry
May 1983
Honors: Dean's List

CULINARY INSTITUTE OF AMERICA, Poughkeepsie, NY
Certificate, Chef-RD Training Course, 1995

WORK

EXPERIENCE:

MENU INSPIRATION EXPERT, TYSON FOODSERVICE
Content Development for Website
January 2019-present

CULINARY TRAVEL LEADER
Southern Italy
Develops and leads culinary and cultural tours targeted but not exclusive to registered dietitian nutritionists offering preapproved CEU credit by CDR of the Academy of Nutrition and Dietetics
October 2016-present

CONTRIBUTOR HUFFINGTON POST LIFESTYLE-UK and USA
March 2014-February 2018

VP MARKETING & CONSUMER RELATIONS, ALFALFA'S MARKET
Boulder, Colorado
Coordinate marketing, advertising & consumer communications for a natural foods market
February 2013- February 2014

FREELANCE WRITER-DietsInReview.com, BoulderBubble.com,
FoodandNutrition.org, AccessHollywood.com and other pubs

AUTHOR and PUBLISHER, Beyond The Mediterranean Diet:
European Secrets Of The Super-Healthy, softcover with French flaps,
ISBN # 978098918121, 17.5 inches by 9.25 inches, \$29.95.
December 2013

OWNER / CONSULTANT, WORLDRD LLC

Boulder, Colorado

Food, nutrition and industry consulting / marketing / counseling / social media / publisher/ website content development (www.WorldRD.com), devoted to respecting food, science and the environment; offering healthy recipes, nutrition news and blogs

2010-present

DIRECTOR OF NUTRITION

King Kullen Grocery Company, Long Island, NY

Developed and marketed nutrition and diabetes campaigns/programs for 49 supermarkets; worked with buyers/directors/vendors to assess and market natural and organic foods; recipe development; public and consumer relations; store event planning; public speaking; newsletter editor; nutrition website manager; nutrition hot-line manager; helped launch Wild By Nature natural food markets; mentor program for nutrition undergraduate and graduate students.

1991-2010

CONSULTANT, LECTURER, ADVISORY BOARD

FACT (Foundation for the Advancement of Cardiac Therapies)

Founder: Dr. Mehmet Oz

Palm Beach, Florida and New York

2002-2004

CONTRIBUTING EDITOR, Kidfit Newsletter

New York, NY

1994-1996

CONSULTANT, Lackmann Foodservice

Long Island, NY

Created newsletter articles and recipes for "Lighter by Choice" program

1991-1993

CONSULTANT, Lucille Farms Cheese Company

Swanton, VT

Developed low-fat cheese products and marketing materials

1991-1993

PRIVATE PRACTICE

Long Island and New York, NY

Individual and group counseling

1990-2000

RESTAURANT / HEALTHY MENU CONSULTANT

New York

Create, implement and publicize low-fat menus for restaurants, nutritional analysis and recipe development

1986-2017

FOUNDER / DIRECTOR, Nutrition Learning Centers

Cedarhurst, NY

Developed, and marketed nutrition and behavioral programs; weight-loss, cooking seminars, therapeutic dietary intervention; food store purchasing and merchandising; AP4 affiliate

1986 to 1990

NEWSPAPER COLUMNIST, weekly
Nassau Herald, Lawrence, NY
1986-1989
The Long Island Examiner, Westbury, NY
1987-1989

DIABETES NUTRITION SPECIALIST/EDUCATOR, Diabetes Research and
Training Center at Albert Einstein College of Medicine
Bronx, NY
Certified for data collection and development of nutrition education program for
National Diabetes Study; implemented health professional training programs
in Type I and Gestational Diabetes
1986-1987

GENERAL CLINICAL RESEARCH NUTRITIONIST, General Clinical Research
Center at Albert Einstein College of Medicine
Bronx, NY
Provided dietary service for study patients; assisted in development of study
protocols; planned and implemented foodservice activities; supervised
students; developed and coordinated a Lipid Clinic Seminar Series
1985 to 1987

PRIVATE PRACTICE NUTRITION LIPID SPECIALIST for Paul Samuel, MD
Forest Hills, NY
Instituted nutritional counseling protocol for hyperlipidemia
1985 to 1986

**ADVANCED
EDUCATION:**

American Heart Association Counseling Workshops
Certified Diabetes Educator (10 years)

SPECIAL HONORS:

American Heart Association Hamptons Gala, Honoree, Distinguished Heart
Health Achievement Award, June 2012

**PROFESSIONAL
AFFILIATIONS:**

American Heart Association, Executive Committee Hamptons Heart Ball
American Heart Association, LI Regional Board of Directors
American Heart Association, Logistics Chairperson, Hamptons Heart Ball
American Heart Association, Menu Consultant and Spokesperson
American Heart Association Culinary and Nutrition Committee
Foundation For The Advancement of Cardiac Therapies, Advisory Board Member
Heart Links, NYS Department of Health Project
American Diabetes Association / NY Affiliate Referral Service and Clinical
Society Member
American Dietetic Association Practice Groups: Diabetes Care and Education,
Consulting Nutritionists, Business, Vegetarian
LI Diabetes Association / Professional Education Committee
Produce for Better Health Foundation Consumer Affairs Advisory Group

**PROFESSIONAL
PRESENTATIONS:**

South Nassau Hospital Grand Rounds, Nutrition Intervention for Medical
Practice, Long Island, NY, 1989

Community Nutrition Lecturer for Nutrition Learning Centers, Cedarhurst, NY
1987-1990

Lieberman, L., Langer, O. Gestational Diabetes: Screening and Management. "Type II Diabetes: Current Concepts, 1986" American Diabetes Association, NY Downstate Affiliate, NYU Medical Center, May 17, 1986

Lieberman, L. Nutrition Labels: What is it they tell you? The Nutrition Conference. Albert Einstein College of Medicine, February 5, 1986

Lieberman, L. Nutritional Management of the Gestational Diabetic, University of Medicine and Dentistry of New Jersey, New Jersey Diabetes Affiliate, November 14, 1986

ADA / NY Downstate Affiliate lecturer, 1986 to 2002

FDA Supermarket Voluntary Labeling Laws-part of FDA training program for health professionals on Long Island, King Kullen Training Center, Westbury, NY August 1993

FACT (Foundation for the Advancement of Cardiac Therapies) Lecturer with Dr. Memhet Oz and Dr. Ben Lewis, Florida and NY 2002 to 2004

American Heart Association, Shop for Heart Health, Hamptons Heart Health Program, 2007-2010

**PUBLICATIONS/
DIGITAL MEDIA:**

Over 100 lay articles/professional articles per request

Shape Magazine, 2005-2007

Newsday's Wellness Magazine, Eating Out, contributor, October 2007-2008

Produce for Better Health Foundation, Insider Viewpoint columnist 2008-2010

Blogger for www.BoulderBubble.com, 2012

Blogger for www.WorldRD.com, 2012

Alzheimer's Foundation of America Quarterly Magazine, Recipes 2015-present

For a more complete list visit: <https://www.worldrd.com/media-coverage/>

**TELEVISION
AND RADIO:**

Fox National News: A Healthy You With Carol Alt, Supermarket Expert takes Carol Alt on a Natural Food Shopping Spree, August 2014

Dr. Radio, Sirius XM81, multiple guest appearances to discuss Beyond The Mediterranean Diet & Healthy Food Shopping, 2014-2017

Channel 12 News Long Island (several appearances), Nutrition expert, 1988-2002

ABC "Good Morning America", Nutrition expert on "Shape-down" program for Children, September 30, 1988

Distron Video Production, 1988

WPIX "Best Talk in Town," December 12, 1988

Channel 12, "The Best Years," August 1991

"Good Morning Long Island" Radio show, September 1991

Channel 12, "The Best Years Cooking Show", December, 1991

PBS, WLIW 21, "George Hirsch Living it Up", 2 segments, May 2001

From September 2010-April 2012, Layne and her husband Michael Liebelson, resided in Geneva, Switzerland. While abroad, Layne spent time traveling and studying the dietary habits of other countries. Every fall, Layne leads Mediterranean diet cultural and culinary tours in southern Italy, targeted to registered dietitians, chefs and health professionals. Currently, Layne and her husband work and reside in Colorado, New York and Florida.