

Culinary and Clinical Nutrition Expert, Author and Entrepreneur

Layne Lieberman, MS, RDN, CDN, LDN is an internationally recognized registered dietitian, culinary nutritionist, entrepreneur and award-winning author of [Beyond The Mediterranean Diet: European Secrets Of The Super Healthy](#). 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 30 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 clinical research 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 expertise 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 and radio shows and has contributed to various leading magazines and online sites. She had her own platform on Huffington Post USA and UK for four years. Layne leads culinary and cultural tours to southern Italy targeted to registered dietitians, health professionals 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 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 and Clinical Nutrition, Culinary Travel Leader, Professional Writing, Nutrition Spokesperson, Recipe Development, Nutrition Counseling, Retail Health Program Development, American Heart Association Spokesperson, Recipe Development for Alzheimer's Foundation of America Magazine, Consultant for MDVIP

Layne@WorldRD.com

WorldRD, LLC

WorldRD.com