

CONNIE GUTTERSEN RD, PHD

EDUCATION

1991	Texas Woman's University	Denton, Texas
	<i>Doctorate, Nutrition</i>	
1986	Texas Christian University	Fort Worth, Texas
	<i>Bachelor of Science: Nutrition</i>	

PROFESSIONAL EXPERIENCE AND APPOINTMENTS

2016 Spring –The Love Diet, Harper One Publishing

2015 Nutrition Founding Advisor – CHEF Program – *Culinary Health Education for Families* Goldsbury Foundation, Children's Hospital in San Antonio

2011 Author: Sonoma Cookbook, Sterling Publishing

2011 Author: *The NEW Sonoma Diet*-Sterling Publishing

2005 Author: *The Sonoma Diet*
New York Times Bestseller, Meredith Publishing

2015 Texas Christian University – Science and Engineering Advisory Board Member

2006 Author: *The Sonoma Diet Cookbook*

1995 - Current The Culinary Institute of America
St. Helena, California *Nutrition Consultant / Instructor*

- Developed curriculum for the *Healthy Cooking Techniques* courses with a focus on the Mediterranean, Latin American and Asian cuisines
- Coordinated multimedia presentations for nutrition lectures and cooking demonstrations
- Developed nutrition programs for:
Kraft, Alaska Seafood, Nestle, Sodexo, Marriot, California Almonds, Peanut Institute, National Association of College and University Foodservice Assoc., USDA Team Nutrition for School Foodservice, Aramark Dietetic Internship Programs

2005 – Current *Harvard Medical School: Healthy Kitchens, Healthy Lives.* Harvard Medical School and CIA joint initiative.

Healthykitchenshealthylives.org

2005- Current EVERYDAY HEALTH- Sonomadiet.com

Content development and media promotions for Sonoma Diet community site, Sonoma Diet Daily newsletter, and Everyday health site with 2.5 million page views

Sample:

<http://www.everydayhealth.com/january-jumpstart-challenge/top-ten-foods-for-weight-loss.aspx#02>

<http://www.everydayhealth.com/january-jumpstart-challenge/healthy-foods-that-really-are-not.aspx>

<http://www.sonomadiet.com/newsletter.aspx>

1993 – Current 20/20 Lifestyles at the PRO Sports Club, Mark Dedomenico, MD – Bellevue Washington.

Former director of nutrition and coordinator of a multidisciplinary weight loss program. Consultant for existing *Standards of Care* and program development.

Projects

- **International Olive Oil Council** – Spokesperson and lecture series for the health benefits of the Mediterranean Diet and the role of Extra Virgin Olive oil in Culinary Medicine approach. 1997-2001
- **Bush Beans** – Vegetable with More Campaign – Founding Advisory Board Member, National Sweepstakes for Family Recipe, spokesperson for Brand
- http://www.bushbeans.com/en_US/tips_and_inspiration/connie_guttersen/
- **Kraft Belvita** – National Spokesperson for product launch, marketing, satellite media tour
- **You tube videos for Breakfast SMT: Guttersen Breakfast**
- **Great Lectures Series:** The Everyday Gourmet: *Making Healthy Food Taste Great*
- **Darden Restaurants** advisory board member
- **Alaska Seafood Company** lecture series with Culinary Institute of America
- **California Avocado Commission:** Spokesperson and Speaker for Nutrition Forums
- **California Almond Board:** Spokesperson and Speaker for Nutrition Forums
- SUJA advisory Board member and web content development

- Healthy Menu Development Initiatives for Radisson Hotel Chains
- Panera Bakery Café: Menu Development
- Hyatt Classic Residence: Extensive Chef and Executive Management Training and Menu Development Program.
- *Nation's Restaurant News 2005*, spokesperson.
- **CIA Worlds Of Healthy Flavors:** Annual conference in collaboration with Harvard for nutrition education to health and food professionals, Web site
- **Young Presidents Organization:** “YPO” 2009, - 2011 keynote speaker for culinary retreats

INTERNATIONAL / NATIONAL LECTURES

- Harvard Healthy Kitchen Healthy Lives / CIA 2007 – 2016
 - North American Olive Oil Association, Chicago, 2015
 - California Almond Board, Culinary Institute of America, 2014-2016
 - 2006 Nation's Restaurant News : Marketing Symposium: The Flavors of Health Sponsored by Ventura Foods, LLC at Culinary Institute of America
 - Culinary Institute of America: Annual Worlds of Flavor Baking and Pastry Arts Invitation Conference
 - Society for Nutrition Education Conference: *Merging New Rules and Customer Desires: The Nutrient Rich Concept* American Dietetic Association Orlando, Florida July, 2005
 - National Cattlemans Beef Association: *Nutrition Marketing Under New Rules* Dallas, Texas March 2005
 - American Dietetic Association: National Spokespersons Meetings Chicago, Illinois May 2004
 - *Global Flavors are Healthy Inspirations* California Almond Board: IACP(International Assoc of Culinary Professionals) Sonoma, California April 2004
 - 2002 Winter Olympics Salt Lake City, Utah
- James Beard Foundtion: Antioxidants and Olive Oil: Eating To Win*
- Sevilla and Valencia, Spain June 2001
- Healthy Perspectives of the Mediterranean Diet: : A tour of Media Food Writers*
- Sao Paulo, Brazil November 2000
- The Mediterranean Cuisine: A Culinary Model for Nutrition Education*
- Palma de Mallorca, Spain October 2000
- International Conference on Mediterranean Diet*
- Vancouver, Canada September 1999
- New Directions in Healthy Professional Cooking*
A Celebration of Italian Cuisine
- Taipei, Taiwan July 1999
- Olive Oil Consumption: The Implications for Health*
- Sao Paulo, Brazil May 18 1999

The Mediterranean Diet from the Chef's Perspective

- Thessalonica and Chania, Greece October 1998
- Third International Congress on The Mediterranean Diet
Celebration of Northern and Southern Creek Cuisine

AWARDS

Texas Christian University: Cecil and Ida Green Honors Professor
2003, 2000

RADIO – TV MEDIA APPEARANCES: 2005-2011

Access Hollywood

NBC Nightly News

The View

The TODAY Show

The CBS Early Morning Show

CNN

NBC Power Lunch

Fox and Friends

National Satellite Television Media Tours: California Almond Board, Sonoma Diet

National Satellite Radio Tours: California Olive Industry, National Cattleman Beef Association, Sonoma Diet

Sonoma Diet Featured Meals for celebrities: 2005 *Sundance Film Festival*, 2006 *Alma Awards*, 2006 *Golden Globes*

Desk Side Chats – NYC (2005 – 2011) BUSH BEANS, Sonoma Diet, California Almond Board

Celebrity Judge for *SOYJOY Battle of the Chefs 2009 Earth Day* – Hollywood, California

LANGUAGES

SPANISH AND ITALIAN