



HOPE S. WARSHAW, MMSc, RD, CDE, BC-ADM
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Hope Warshaw is a nationally recognized and respected dietitian and diabetes educator. She applies nearly than thirty-five years of expertise in her work as an author and freelance writer, media spokesperson, consultant and diabetes educator. Hope is most well known for her expertise in the areas of healthy restaurant eating and diabetes nutrition management. She offers practical solutions to healthier eating for one person during individual counseling sessions or to millions through varied communication and social networking vehicles.

As a freelance writer, Hope wrote her first book, *Eat Out, Eat Right*, in 1990. It's sold over ½ million copies. Hope's award-winning, best-selling consumer books published by the American Diabetes Association (ADA) include: *Diabetes Meal Planning Made Easy*, 4th ed; *Guide to Healthy Restaurant Eating*, 4th ed; *What to Eat When You're Eating Out*, 2nd ed; *Complete Guide to Carb Counting*, 3rd ed; *Real Life Guide to Diabetes* and *The Diabetes Food and Nutrition Bible*. Hope has developed with Quantia Communications EatSmart, an app which is a series of narrated videos on healthy eating with diabetes.

Hope has written consumer articles for diabetes magazines including *Diabetes Self-Management* and *Diabetes Forecast*. She is currently the contributing editor for *Diabetic Living*, *Better Homes & Gardens*, consumer magazine and *Diabetic Living Online* website as well as a member of their editorial advisory board. Hope has authored professional articles in *Diabetes Care*, *Journal of the American Dietetic Association*, *Diabetes Educator* and *Nutrition Today* and is a co-author of several ADA books for healthcare professionals including: *Practical Carbohydrate Counting: A How-to-Teach Guide for Health Professionals*. Hope is a sought after speaker who regularly presents at association annual meetings and nutrition and diabetes symposiums.

As a media spokesperson Hope has promoted her books and better-for-you food products on media tours. She has appeared on *Good Morning America*, *CNN*, *Graham Kerr's A Gathering Place*, *TV Food Network*, *Lifetime Cable* and others. She has conducted hundreds of interviews for print, radio and websites. Hope has been quoted in newspapers and magazines including: *TIME*, *HEALTH*, *PREVENTION*, *USA Today*, *Los Angeles Times*, *San Francisco Chronicle*, *Washington Post*, *Washingtonian*, *CHILD*, *SHAPE*, *Good Housekeeping*, *Reader's Digest*, *Men's Health*, *Fitness* and others.

As a nutrition and diabetes consultant, Hope has worked with companies, such as *McNeil Nutritionals, LLC*, a *Johnson & Johnson Company*; *National Starch Food Innovation*, *PRESENT e-Learning (PRESENTdiabetes.com)*, *Can-Am Care*, *Quantia Communications*, and others. Hope has worked with PR companies, such as *Fleischman Hillard, Inc.*, *Paine PR*, *Edelman*, *RF Binder*, *Porter Novelli*, *Splash LLC* and *Hunter PR*.

Hope demonstrates leadership abilities in volunteer positions for several American Dietetic Association dietetic practice groups and the American Association of Diabetes Educators. She is serving on AADE's Board of Directors, 2011 -2014. National awards include: American Dietetic Association Foundation's 2002 Award for Excellence in Consultation and Business Practice, American Diabetes Association's 1999 Outstanding Community Service in Reaching People award and the 1993 Diabetes Care and Education Dietetic Practice Group's Distinguished Service Award.