

Curriculum Vitae

Joan Salge Blake, MS, RD, LDN
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Website: <http://people.bu.edu/salge/>

Twitter: JoanSalgeBlake

Education

Doctoral Candidate, Educational Media & Technology – Boston University
MS, Clinical Nutrition – Boston University
Dietetic Internship – New England Deaconess Hospital
BS, Food and Nutrition – Montclair State University, graduated summa cum laude.

Academic Appointments

2008-present Boston University – Clinical Associate Professor, Sargent College of Health and Rehabilitation Sciences
1994-2008 Boston University – Clinical Assistant Professor, Sargent College of Health and Rehabilitation Sciences
1994-present Boston University – Dietetic Internship Director, Graduate Level
1992-1994 Boston University – Adjunct Clinical Instructor, Sargent College of Allied Health Professions

Academic Teaching Experience

2009 Summer Boston University – MET 691 Nutrition and Diet
2007 Summer Boston University – MET 691 Nutrition and Diet
2002-present Boston University – SAR HS 366 Community Nutrition
2001-present Boston University – SAR HS 811 Practicum in Clinical Nutrition
1997-present Boston University – SAR HS 201 Introduction to Nutrition
1994-present Boston University – SAR HS 703 Dietetic Internship Director
1992-present Boston University – SAR HS 789 Theory and Practice in Nutrition Counseling

Professional Experience

2002, 2007 Consultant, **Papa Gino's & D'Angelo's Company**.
Helped design, analyze, and create nutrition educational materials for the healthy menu items.

1996-2002 Nutrition Expert, **Oxygen Media/Thriveonline.com**.
Created nutrition programs, provided nutrition text including weekly "Ask Joan" nutrition advice column, and conducted online chats for website consisting of online community of over a million strong. Thriveonline received the Tufts Nutrition Navigator's website rating of "Among The Best". Personally named as the best feature at Thriveonline in the Diet and Nutrition category by Forbes Magazine in

their “Best of The Web 2001” issue. Archived “Ask Joan” nutrition column can currently be found at: <http://people.bu.edu/salge/>.

- 1989-present Registered Dietitian, Private Practice, **Longfellow Health Center**, Wayland, MA
- 1997 – 1998 Nutrition Expert/Consultant, **Sudbury Schools**, Sudbury, MA. Co-created “Mission Nutrition – A Three-Prong Approach To Nutrition Education in the Cafeteria, Classroom, and The Home”. Worked with effective nutrition education in the cafeteria and in targeted classrooms, along with supporting monthly nutrition newsletters to the parents to encourage healthy, positive lifestyle changes. Focused on different nutrition topic monthly.
- 1995-1996 Nutrition and Food Consultant, **Fidelity Investments**, Boston, MA. Created a “Conscious Cuisine”, healthy cycle menu for their employee’s cafeteria. Modified recipes, conducted demonstrations, and developed a monthly nutrition newsletter, entitled, “Healthy Investments” focusing on nutrition and lifestyle topics.
- 1984 to 1989 Director, Nutrition Services. **Medical Care Affiliates, Health Promotion Affiliates**, Boston, MA. Created, managed, and implemented the nutrition component of a medical organization, providing health care and education to individuals and corporations throughout New England. Created and delivered nutrition lectures, seminars, and workshops to the public.

Publications

Books:

Salge Blake, Joan. 2011. 2nd ed. *Nutrition & You*. San Francisco: Pearson Education, Inc./Benjamin Cummings.

Salge Blake, J. 2010. *Nutrition & You: From Core Concepts to Good Health*. San Francisco: Pearson Education, Inc./Benjamin Cummings.

Salge Blake, J., Munoz, K., and Volpe, S. 2009. *Nutrition: From Science to You*, San Francisco: Pearson Education, Inc./Benjamin Cummings.

Salge Blake, Joan. 2008. 1st ed. *Nutrition & You*. San Francisco: Pearson Education, Inc./Benjamin Cummings.

Salge Blake, Joan. 1991. *Eat Right the EASY Way*, New York: Simon and Schuster.

Book Chapters:

Cain, A.C. 2003. Featured Nutrition Expert in: *The Cooking Light Way to Lose Weight*. Birmingham: Oxmoor House, Inc.

Kozak, D. and Riddle, J. 2001. Feature Nutrition Expert in: *Foolproof Weight Loss*. Emmaus, PA: Rodale Press, Incorporated,

Gomes, T. 2000. Featured Nutrition Expert and Consultant, *No More Excuses*. New Orleans, LA: Paper Chase Press.

Published Articles:

Ahneman, W, and Salge Blake, J. Spring 2010. *Yogurt in the Clinic*. ADA Times, American Dietetic Association.

Salge Blake, J. 2004 *Great Ideas in Teaching Nutrition*. 2004. Benjamin Cummings Publications for Nutrition Professors.

Salge Blake, J. 2004. *Vegetarian Diets*. The Food Network. Available at: http://www.foodnetwork.com/food/lf_hl_vegetarian/0,2661,FOOD_21216,00.html

Salge Blake, J. 2004. *Low Calorie Diets*. The Food Network. Available at: http://www.foodnetwork.com/food/lf_hl_low_calorie/0,2661,FOOD_21616,00.html

Salge Blake, J. 2004. *Low Fat Diets*. The Food Network. Available at: http://www.foodnetwork.com/food/lf_hl_low_fat/0,2661,FOOD_20756,00.html

Salge Blake, J. 2004. *Low Cholesterol Diets*. The Food Network. Available at: http://www.foodnetwork.com/food/lf_hl_low_cholesterol/article/0,2495,FOOD_19756_3334844,00.html

Creative Works

DVDs:

Salge Blake, Joan. 2010 *Nutrition Tips for You*. San Francisco: Pearson Education, Inc./Benjamin Cummings.

Salge Blake, Joan. 2008 *Lecture Teaching Tips*, DVD, San Francisco: Pearson Education, Inc./Benjamin Cummings.

Web-Based Teaching Tools:

Salge Blake, Joan, 2008. *Get Real and Nutrition Sleuth: Numerous Online, Interactive Internet Tools to augment Nutrition & You.* Available at:
http://wps.aw.com/bc_blake_nutrition_1/75/19278/4935269.cw/index.html

Audio Continuing Education:

Salge Blake, Joan. 1985. *Nutrition At The Worksite*, continuing education audio cassette for registered dietitians, Chicago: The American Dietetic Association.

Presentations

Salge Blake, J. “*Winning the Weight Loss Battle: Science-Based Strategies that Work!*” Boston University School of Medicine, August 31, 2012.

Salge Blake, J. “*Nutrition and Oral Health.*” Boston University, Goldman School of Dental Medicine, Boston, MA, June 2012.

Salge Blake, J. “*Working with the Media.*” Massachusetts Dietetic Association Annual Meeting, Framingham, MA. March 23, 2012.

Salge Blake, J. “*Working with the Media.*” Massachusetts Dietetic Association Media Workshop. Boston University, Boston, MA. November 4, 2011.

Salge Blake, J. “*Your Diet and Longevity: Food for Thought,*” Boston Globe sponsored Boomers and Seniors Seminar, World Trade Center, Boston, MA, October 30, 2011.

Salge Blake, J. and Robarts, J. “*Creating a Dynamic Application.*” Massachusetts Dietetic Association, Student Chapter, Boston, MA, October 2011.

Salge Blake, J. “*Winning the Weight Loss Battle: Science-Based Strategies that Work!*” Boston University School of Medicine, September 1, 2011.

Salge Blake, J. “*Eating 101.*” Boston University, RYSOP, Boston, MA. August 31, 2011.

Salge Blake, J. “*When Food Becomes Your Medicine: Functional Foods.*” New York Dietetic Association, Buffalo, NY. January 15, 2011.

Salge Blake, J. “*Nutrition & Your Patients.*” Boston University School of Medicine, Boston, MA. January 7, 2011.

Salge Blake, J. and Robarts, J. “*Creating a Dynamic Application.*” Massachusetts Dietetic Association, Student Chapter, Boston, MA, November 2010.

Salge Blake, J. “*Winning the Weight Loss Battle: Science-Based Strategies that Work!*” Boston University Alumni Association, New York, NY., October 2, 2010.

Salge Blake, J. “*Fast Food Finales.*” Boston University, RYSOP, Boston, MA. August 24, 2010.

Salge Blake, J. “*When Food Becomes Your Medicine: Functional Foods.*” Boston University School of Medicine, Boston, MA. April 14, 2010.

Salge Blake, J. “*Functional Foods.*” Southeastern Massachusetts Dietetic Association, Norwood, MA. April 5, 2010.

Salge Blake, J. “*Working with the Media.*” Massachusetts Dietetic Association Media Workshop. Quincy Medical Center, Quincy, MA. February 27, 2010.

Salge Blake, J. “*Holiday Eating Tips.*” Boston University Women’s Guild. December 1, 2009.

Salge Blake, J. and Robarts, J. “*Creating a Dynamic Application.*” Massachusetts Dietetic Association, Student Chapter, Boston, MA, November 2009.

Salge Blake, J. “*When Food Becomes Your Medicine: Functional Foods.*” Sodexo Health Care, Clinical Update, Bentley College, June 3, 2009.

Salge Blake, J. “*Eating Healthy in an Unhealthy Economy.*” Boston University Winterfest, February 28, 2009.

Salge Blake, J. “*Lights, Camera, Action: Creating Memorable Nutrition Lectures.*” Strategies for Success Conference, George Mason University, Fairfax, VA, November 8, 2008.

Salge Blake, J. and Robarts, J. “*Creating a Dynamic Application.*” Massachusetts Dietetic Association, Student Chapter, Boston, MA., October 2008.

Salge Blake, J. “*When Food Becomes Your Medicine: Functional Foods.*” Sargent College Alumni Seminar, April 5, 2008.

Salge Blake, J. “*Nutrition & You.*” Sargent College, Undergraduate Open House, April 2008.

Salge Blake, J. “*Nutrition & You and Your Patients.*” DPT students, Sargent College, March, 2008.

Salge Blake, J. and Robarts, J. “*Creating a Dynamic Application.*” Massachusetts Dietetic Association, Student Chapter, Boston, MA., November 2007.

Salge Blake, J. “*Nutrition & You.*” Sargent College, Undergraduate Open House, April 2007.

Salge Blake, J. “*Nutrition & Your Patients.*” DPT students, Sargent College, March, 2007.

Salge Blake, J. “*Nutrition and Oral Health.*” Boston University, Goldman School of Dental Medicine, Boston, MA, March 2007

Salge Blake, J. Keynote Speaker, “*Nutrition and You.*” New Hampshire Oral Hygienists Annual Meeting, Nashua, NH, October, 2006

Salge Blake, J. “*Nutrition and Oral Health.*” Boston University, Goldman School of Dental Medicine, Boston, MA, March 2006

Salge Blake, J. “*Nutrition & You.*” Sargent College Undergraduate Open House, April 2006.

Salge Blake, J. “*Creating a Dynamic Application.*” Massachusetts Dietetic Association, Student Chapter, Boston, MA., November 2005.

Salge Blake, J. Presiding Officer. American Dietetic Association’s Annual Meeting, St. Louis, MO, October 2005.

Salge Blake, J. Presiding Officer. Massachusetts Dietetic Association Annual Meeting, Randolph, MA, May 2005.

Salge Blake, J. “*Nutrition and Oral Health.*” Boston University, Goldman School of Dental Medicine, Boston, MA, March 2005.

Salge Blake, J. “*Eating 101.*” Sargent College, Undergraduate Open House, April 2005.

Salge Blake, J. “*Eating 101.*” Sargent College, Undergraduate Open House, April 2004.

Salge Blake, J. “*Marketing 101: How To Market Your Course to Students.*” Sargent College Faculty Lecture, 2004.

Salge Blake, J. “*Eating 101.*” Sargent College, Undergraduate Open House, April 2003.

Salge Blake, J. “*Eating 101.*” Sargent College, Undergraduate Open House, April 2002.

Salge Blake, J. “*Be Innovative.*” Sargent College Faculty Innovation Day, 2004.

Salge Blake, J. “*Creating a Dynamic Application.*” Massachusetts Dietetic Association, Student Chapter, Boston, MA., November 2004.

Salge Blake, J. “*Eating 101.*” Sargent College, Undergraduate Open House, April 2002.

Salge Blake, J. and Meerchaert, C. “*Speak To The Point: Delivering Dynamic Presentations.*” Massachusetts Dietetic Association Annual Convention, Randolph, MA, May 2002.

Salge Blake, J. “*Navigating Nutrition on the Web: Jobs on the Internet.*” Massachusetts Dietetic Association Annual Convention, Randolph, MA, May 2001

Salge Blake, J. “*Eating 101.*” Sargent College, Undergraduate Open House, April 2001.

Salge Blake, J. “*Food For Thought.*” Sargent College Alumni Association, 1998.

Salge Blake, J. “*Sudbury Schools Mission Nutrition: A Three Pronged Approach of Nutrition Education in the Cafeteria, Classroom, and The Home,*” poster session, the American Dietetic Assoc. Annual Convention, Boston, MA, October 1997.

Salge Blake, J. and Durschlag, R. “*Effect Of High Fiber Diets On Serum Cholesterol in Males.*” poster session, the American Dietetic Association Annual Convention, San Francisco, CA. October 1988

Media

2011- present, Nutrition Blogger for the Boston Globe’s Boston.com website

2007-present Academy of Nutrition and Dietetics, National Media Spokesperson.
Selected by the Academy to represent and promote the association in the national media.

1998-present Nutrition Expert/Media Spokesperson for Boston University Press Office.

Media Interviews on Behalf of the University:

2012:

1. O Magazine, Fruit Fatigue, January
2. Fox TV, Slimming Secrets for 2012, January
3. Nutrition Today, Functional Foods, January
4. MyHealthNewsDaily, Worst Foods to Eat, January
5. Today’s Dietitian, Functional Foods, January
6. Content that Works, Weight and Self Esteem, January
7. Glamour, Your Calories, January
8. Boston Globe, Cutting Food Costs by 30%, January
9. HGTV Magazine, How Bad Is It? January
10. BU Today, Mayor’s Plan To Trim Down the City, January

11. Total Beauty, Healthy Comfort Foods, January
12. EveryDay Health.com, Common Supplement for Women, January
13. EveryDay Health.com, Getting Kids to Eat Veggies, January
14. Boston Globe, What to Eat Before Exercising, January
15. Fox25 TV, Fighting Diabetes with a Knife and Fork, January
16. Boston.com, Fighting Diabetes with a Knife and Fork, January
17. More Magazine, Alcohol & Weight, January
18. Wine Spectator, Wine and Belly Fat, January
19. Boston Globe, A Vending Machine with an Attitude, January
20. Boston Globe, Super Foods For Your Super Bowl Party, January
21. Fox 25TV, Super Foods For Your Super Bowl Party, January
22. WBUR Radio Kitchen, Drinking on Super Bowl Sunday, February
23. Everyday Health.com , Lowering Cholesterol with Foods, February
24. Shape Magazine, Supermarket Nutrition Scoring, February
25. Boston Globe, Behavioral Economics & Produce, February
26. Quality Health, Making Paula Dean's Recipes Healthier, February
27. Cooking Light Magazine, Antioxidants, February
28. Prevention Magazine, Indulgences, February
29. BU Today, Cage Free Eggs, February
30. Daily Free Press, Portion Control in Restaurants, February
31. Boston Globe, Drinking Your Way Thin, February
32. Lowell Sun, Paleo Diet, February
33. Boston Globe, FDA Warning: Grapefruit & Medications, February
34. CBSTV Boston, FDA Warning: Grapefruit & Medications, February
35. CBSTV Boston, Vitamin Supplements, February
36. CBSTV Boston, Arsenic in Rice, February
37. Sway In the Morning Sirius Radio, National Nutrition Month, March
38. Boston Globe, Boston.com, Go Green on St. Patty's Day, March
39. Fox25 TV, Sugars in Kids' Diets, March
40. Boston Globe, Boston.com, Sodium Lurking in your Foods, March
41. Boston Globe, Boston.com, Sugar in Kids Diets, March
42. Shape Magazine, Summertime Alcoholic Drinks, March
43. Boston Globe, Daily Dose, Alcoholic Drinks on St. Patty's Day, March
44. Boston Globe, Pink Slime in Ground Beef, March
45. Boston Globe, Sleep more, eat less, March
46. Wine Searcher, Skinny girl Wine, March
47. Everyday Health, High Fructose Corn Syrup, March
48. Bu Today, Boston Named as a Healthy City, March
49. Grist.com, Red Meat and Mortality, March
50. Boston.Com, Top Red Flags for Bogus Weight Claims, March
51. Boston.Com, Video, Top Red Flags for Bogus Weight Claims, March
52. Boston.Com, Video, Sleep and Your Weight
53. Boston.Com, Video, Red Meat Consumption, March
54. Daily Dose, Boston Globe, Eating Placenta, March
55. BU Today, Gluten Intolerance, March
56. Fox25TV, Red Flags for Blogus Weight Loss, April

57. Boston.com, National Whole Grain Sampling Day, April
58. ABC.com, Raspberry Ketone, April
59. Boston.com, FDA Diet Pill Warning, April
60. Boston.com, Eat More, Weigh Less, April
61. Boston.com, An Unhealthy Diet, but Healthy Weight, April
62. BU Journalism Website, Nutrition & Marathons, April
63. Daily Free Press, Hangovers, April
64. Boston.Com, Crack Open the Nuts, April
65. Boston.com, Organic Foods, April
66. Boston.com, Key to Longevity: Eat Mediterranean Style, May
67. Fox25TV, Gastric ByPass for Children, May
68. Oldsway, Mediterranean Diet, May
69. Saturday Evening Boston, Probiotics, May
70. Eatright.org, Health Benefits of Coffee, May
71. Fox25TV, Pregnancy Nutrition, May
72. WBAL Radio, Tote Bag Safety, May
73. Boston.com, Could those reusable grocery bags make you sick?, May
74. Fox News Channel Food Porn On Internet, May
75. Boston.com, Eat to Beat Wrinkles, May
76. Fox 25 TV, National Women's Health Week, May
77. Washington Post, Boomer Going Vegan, May
78. Eatright.org, Sustainable Eating, May
79. Today's Dietitian, Nutrition & Apps, May
80. Lifescrpts, Nutrition for Women over age 50, May
81. Boston.com, BBQ Blunders, May
82. WBZ, Greek Yogurt, May
83. WBZ, BBQ Blunders, May
84. New York Times, Juice Fasts, May
85. Boston.com, Product on the Cheap: Part 1, May
86. NECN, Summer Slimming Secrets, May
87. Boston.com, Produce on the Cheap: Farmers Markets, June
88. Redbook, 30 Ways to Anti-age the Body from the Inside Out, June
89. Health Radar, Grass feed vs grainfed beef, June
90. AICR, Healthy Snacking for Seniors, June
91. RedBook, Anti-aging foods, June
92. Health Radar, GrassFed Beef, June
93. Chicago Tribune, Calcium Supplements, June
94. Daily Dose, Boston.com, Taco Bell's new menu, June
95. Boston Magazine, Juice Cleanses, June
96. AARP, Healthy Foods for the Immune System, June
97. Natural Home and Garden Magazine, Natural Immune Building Foods, June
98. WebMD, Vitamin B6 and Inflammation, June
99. Boston.com, Can Mickey Mouse Sell Produce?, June
100. DIANE Magazine, Cravings, June
101. Lifescrpts, Turmeric, June
102. Northwest Health Magazine , Reading a Food Label, June

103. Eatright.org, BBQ Food Safety Tips, June
104. Daily Dose, Boston Globe, JAMA Study Energy Differences in Weight Loss Diets, June
105. Boston.com, The Sweet Secret About Soda, Sugar, and Obesity, June
106. US World News & Report, Healthy Hot Dogs, June
107. Fitness Magazine, Non Dairy Milk Substitutes, July
108. Experience Life, Unhealthy Foods that May be Healthy, July
109. Nutrition Essentials, Healthy Eating at College, July
110. Boston.com, 10 Foods that Whiten Your Smile, July
111. Boston Globe, Foods that Naturally Whiten and Brighten Your Smile, July
112. Boston.com, 3 Easy Weight Loss Strategies that WORK!, July
113. All You Magazine, Reducing Sodium When Dining Out, July
114. NextAvenue.org, Senior Nutrition, July
115. Fitness Magazine, Raw Milk, July
116. MedScape, National Diabetes Clinical Care Commission Act, July
117. Boston.Com, 12 Frozen Desserts under 120 calories, July
118. Galtime, FDA Weight Loss Drugs, July
119. Fox News, FDA Approved Weight Loss Drugs, August
120. Boston.com, Gluten-Free Diets, August
121. Schwartz PR, Nutrition and the Olympics, August
122. Kids Eat Right, Gluten Free Diets at Schools, August
123. Kids Eat Right, Peanut Free Diets at Schools, August
124. WBZ TV, Freshman 15, August
125. WBZ TV, Organic Cocktails, August
126. WBZ TV, Lunchbox Food Safety, August
127. Huffington Post, Juice Fasts, August
128. Community Magazine, School Lunches, August
129. Boston.com, Makeover Meals, August
130. US News and Reports, Teen Diets, August
131. LA Times, Coconut Water, August
132. USA Today, Healthy Eating at College, August
133. Consumer Reports, Freshman 15, August
134. Boston.com, Healthier Fast Food, August
135. MedHelp.org, Healthy School Lunches, August
136. BU Today, Freshman 15, August
137. Boston Globe, Freshman 15, August
138. Boston Globe, Healthy Fast Food, August
139. Boston Globe, Rise and Dine, August
140. Wisconsin Public Radio, Freshman 15, September
141. Boston.com, Healthy School Lunches, September
142. Boston Herald, Boston School Breakfasts, September
143. Fox25 TV, healthy Kids Snacks
144. Consumers Affairs.com, Organic Produce, September
145. HGTV Magazine, Food Storage Food Safety, September
146. Boston.com, McDonald's Food Labeling
147. Boston.com, What's Growing in Your Lunch Bag, September

148. Bostinno.com. McDonald's Food Labeling, September
149. Chronicle, Fat, September
150. ConsumersAffairs.com, Diet for Hypertension, September
151. Boston.com, Eat to Beat High Blood Pressure, September
152. Metro US, Vitamins, September
153. Eddy Esp Radio Show, Senior Nutrition, September
154. Health magazine, Food Safety Myths, September
155. All You Magazine, Food Labeling, September
156. Boston.com, Cupboard Clean Up, October
157. Boston.com, What does the expiration date on the Food Label Really Mean? , October
158. Fox25 TV, Cupboard Clean Up, October
159. Bu Today, Caffeine, October
160. Next avenue, Baby Boomer Bellys, October
161. Boston.com, SuperTracker, October
162. Allied Health Care Careers, The future of RD Profession, October
163. Boston Globe, Cholesterol Levels Among Americans, October
164. Boston.com, 5 Foods that Fight Heart Disease, October
165. Fox25 TV, Healthy Food Choices that Backfire, October
166. Prevention Magazine, Superfoods for Women, October
167. Statesman Journal Media, School Lunches, October
168. Boston.com, Healthy Food Choices that Backfire, October
169. Boston Globe, Aspartame and Cancer, October
170. Boston.com, Food Safety During Stormy Sandy, October
171. Arthritis Today, Healthy Food Swap that Save \$\$, October
172. Allied Health Care Careers, Certification for Obesity Education, October
173. Boston.com, The Menu at the First Thanksgiving, November
174. Kansas City Star, What Does an RD Do?, November
175. Boston Globe, Does a multivitamin prevent heart disease?, November
176. Boston Globe, Cutting 1,000 calories from Thanksgiving Dinner, November
177. Popular Science, Pepsi adds Dextrin to Soda, November
178. Boston.com, Coffee 101, November
179. USA Today, Alcohol Intake Among Americans, November
180. CBS TV Boston, 5 Hour Energy Drinks, November
181. Everyday Health, 5 Hour Energy Drinks, November
182. Boston.com, Twinkies Trivia, November
183. BU Today, Energy Drinks, November
184. Boston.com, Shop to Drop Some Holiday Pounds, November
185. Wall Street Journal, B Vitamins for Lowering Cholesterol, November
186. MyOptimumHealth.com, Butter vs. Margarine, November
187. Fitbie.com, Healthy, Hunger-Free Kids Act, November
188. BU Quad, Paleo Diet, November
189. Boston.com, Flying on Airlines without High Calorie Baggage, November
190. WebMD, Protein and Aging, December
191. KCBS News, Eating Healthy on Food Stamps, December
192. Boston.com, 5 Trendy Gifts for Foodies, December

193. Boston.com, Smartphones can help you lose weight, December
194. Fox25TV, Smartphones can help you lose weight, December
195. Boston Globe, Smartphones can help you lose weight, December
196. MedHelp.org, Nutrient needs as you age, December
197. Doctor Radio/Sirrus Radio, Caffeine, December
198. Boston.com, Alcohol, December
199. The Daily Circuit/Minnesota Public Radio, Energy Drinks, December
200. Boston.com, Top 3 Nutrition Stories in 2012, December
201. Boston Globe, Make Your Plate My Plate in 2013, December

2011:

1. Making it Sacred: The practice of eating with purpose, Portion Sizes, January
2. Content that Works, Eating Your Way Out Of the Flu, January
3. Prevention, Sneaking in Veggies in the Diet, January
4. Mindfood Magazine, Brain Foods, January
5. Health.com, The Media's Focus on Food, January
6. Woman's Day, Eggs, January
7. Boston Globe, New USDA School Lunch Guidelines, January
8. Boston Globe, Super Healthy Snacks, January
9. Shape Online, Carotenoids and Skin Health, January
10. Fitness Magazine, Folate and Heart Disease, January
11. Woman's Day Magazine, Comfort Foods, January
12. Every Day Health.com, Heart Healthy Diet, January
13. FamilyCircle.com, Springtime Health Secrets, January
14. Boston Globe, Resistance Starch, January
15. Woman's Day, Dietary Guidelines, January
16. Boston Globe, Dietary Guidelines, January
17. Fox25 TV Evening News, Dietary Guidelines, January
18. Fox 25 TV, Dietary Guidelines, February
19. Shop Smart, Reducing Sodium in the Diet, February
20. Boston Globe, Healthy Super Bowl Snacks, February
21. MSNBC, Weight Loss Tips, February
22. BU Today, Energy Drinks, February
23. The Nation and Women's eNews, Functional Foods, February
24. Boston Globe, White House Super Bowl Party, February
25. Lutheran Women, DHA and ARA in Baby Formula, February
26. Diet Detective, Salt, February
27. Diet Detective, Methylmercury, February
28. Fox 25 TV, Energy Drinks and Children, February
29. Washington Post, Salt Substitutes, February
30. Rodale Press, Tips to be fit at Work, February
31. MyHealthDayNewsDay.com, Are Diet Soda's Safe to Drink?, February
32. MyHealthDayNewsDay.com, Are Juice Cleanses Safe?, February
33. MyHealthDayNewsDay.com, Nutrition & Health Care, February
34. Prevention Magazine, Helping Couples Eat Healthfully, February
35. Boston Globe, Food Safety In Schools, March

36. Fox 25 TV, National Frozen Food Month, March
37. Bodyshape Magazine, Weight Loss Reality Shows, March
38. All You Magazine, Probiotics, March
39. Boston Globe, Coffee and Stroke, March
40. NPR, Spring Greens, March
41. Spa Magazine, Chrononutrition, March
42. Spa Magazine, Healthy Snacking, March
43. Bodyshape Magazine, Sneaking Veggies into Entrees to Lower Calories, March
44. Chicago Tribune, Paleo Diet, March
45. iVillage, Avoiding Weight Gain When Stopping Smoking, March
46. Ladies Home Journal.com, Skinnier Healthier Outdoor Eats, March
47. BU TV, Dangers of Caffeinated Energy Drinks, March
48. Prevention, Cravings, March
49. Fox 25 TV, Exercise and Weight Loss, March
50. iVillage.com, Tips to Lose Weight at the Office, March
51. Web MD, Best and Worst Appetizers, April
52. Web MD, 100 Calories Snacks, April
53. Litton TV, Syndication, Grocery Cart Makeover, April
54. Litton TV, Syndication, Good and Bad Fats, April
55. Litton TV, Syndication, Healthy Recipes Swaps, April
56. Fox 25 TV, Healthy Comfort Foods, April
57. Weight Watchers, Healthy Burgers, April
58. National Publication, Tips for Couple Trying to Lose Weight, April
59. Large Health, Tips to Lose Weight at the Office, April
60. Boston Globe, Halo Effect of Organic Foods, April
61. Health Magazine, Duck Fat, April
62. Boston Herald, Calories in an Easter Basket, April
63. Health Magazine, Sodium in Foods, April
64. Fox 25 TV, The Dukan Diet, April
65. LA Times, The Dukan Diet, April
66. Money Magazine, The Cost of Weight Loss Diets, April
67. Fit.com, Taking Baby Steps to Improve Your Fitness, April
68. Rodale, Back to School Lunches, May
69. Fox 25 TV, The Not So Sweet Side of Added Sugars, May
70. WBZ TV, UnHealthy, Healthy Fast Foods, May
71. Boston Globe, Pick Your Ideal Diet, May
72. Fox 25 TV, Hidden Cameras in School Cafeterias, May
73. Fit.com, Foods the Fight Cancer, May
74. Woman's Day Magazine, Foods the Sound Healthy but Aren't, May
75. Fox 25 TV, Test your Nutrition Smarts, May
76. WBZ TV, Organic Foods, May
77. SheKnows.com, Healthy BBQs, May
78. Woman's Day Magazine, Healthy Fast Foods, May
79. (iVillage), Healthy Chinese Take Out, June
80. Boston Globe, USDA Healthy MyPlate, June
81. NY Daily News, USDA Healthy MyPlate, June

82. Fox 25 TV, BBQ Food Safety, June
83. ABC.com, Food Safety & Pesticides, June
84. Daily News, Juice Cleanses, June
85. Fox 25 TV, Eating Local Produce, June
86. Web MD, Healthy Snacks, June
87. Unknown (contact through HARO), BBQ Food Safety, June
88. JAMA Video, Heart Disease in Woman, June
89. Galttime.com, Healthy Picnic Salads, June
90. Florida Today, Yogurt, June
91. Brownfield Network, Eating More Fish, June
92. Today's Dietitian, Healthy Breakfasts, June
93. CBS Money Watch, Best Life Tips, June
94. Galttime/Daily Buzz, Healthy School Lunches, June
95. The Daily, Post July 4th Healthy Habits, June
96. Boston Globe, Picnic Food Safety, June
97. Fox 25 TV, Small Changes for Lifelong Weight Management, July
98. LIVESTRONG.COM, Small Changes, Big Results, July
99. Girls Life, Teens and Vitamins, July
100. AlwaysNewYou.com, A Tip for Getting Vitamin D in Your Diet, July
101. Florida Today, HCG Diet, July
102. Florida Today, Vitamin B12 Shots, July
103. Huffington Post, Meat and Your Health, July
104. Boston Herald, Spicy Foods and Cool Body, July
105. Fox 25 TV, Dining Out Disasters, July
106. NBC.com, Potassium Power, July
107. Better Homes and Gardens, Dieting and Health Trends for 2012, August
108. iVillage/NBC.com, Celebrity Weight Loss Diets, August
109. Today's Dietitian, Cruciferous Veggies and Prostate Cancer, August
110. Shape.com, Sodium in Foods, August
111. Rodale Press, Heart Health, August
112. Today's Dietitian, Cruciferous Vegetables and Prostate Cancer, August
113. Much More Nutrition, Healthy Food Shopping, August
114. Fox 25 TV, Lunch Box Safety, August
115. Boston Herald, Aloe Vera Cocktails, August
116. Experience Life Mag, Calories Are No Longer King, August
117. Richman Family Magazine, Organic Foods, August
118. Prevention Health Blog, Desktop Dining, August
119. The Daily, Continental Breakfasts, August
120. Eating Well Magazine, Vitamin C and the Immune System, August
121. Livingonloveandcents.com, Healthy Kids Lunches, September
122. Boston.com, Desktop Dining, September
123. WCCO Minneapolis, Desktop Dining, September
124. ShareCare, Desktop Dining, September
125. WebMD, Dietitians Dieting Secrets, September
126. CBS Boston, Stress and Eating, September
127. CBS Boston, Energy Drinks, September

128. AARP, Nuts, September
129. Boston.com, Can an Apple a Day Keep Excess Pounds Away?, September
130. Daily Dose, Boston Globe, Apple Juice and Arsenic, September
131. Daily Dose, Boston Globe, Harvard's New MyPlate, September
132. Boston.com, Food Synergy, September
133. Boston.com, The Recession and Your Diet, September
134. ShareCare, Safety of Apple Juice, September
135. ShareCare, Does the FDA Police Apple Juice?, September
136. Fox 25 TV, Food Synergy, September
137. Project Health Radio, What's In Food?, September
138. Boston.com, Nutrition & Diet Chat, September
139. Boston.com, Chris Christies' Weighty Issue, October
140. Fox 25 TV, The Recession and Your Diet, October
141. Everyday Health, Wheat Belly Diet, October
142. Scholastic's Choices magazine, Energy Shots, October
143. Boston.com, Hunger on Main Street and Even Sesame Street, October
144. "To The Point," a daily national news radio program Hunger on Main St, October
145. Environmental Nutrition, Heart Healthy, October
146. Boston.com, Want to Stay Lean & Mean As You Age: Reach for the Protein, October
147. Alwaysyou.com, Foods to Eat To Lose Weight, October
148. Boston Globe, Black Licorice, A Treat that May Plan A Trick on You, October
149. Whole Living Magazine, Rainbow Eating, November
150. iVillage, Healthy Mexican Food, November
151. Boston Globe, What's Growing in Your Refrigerator, November
152. EverydayHealth.com, Cholesterol Lowering Snacks, November
153. EverydayHealth.com, Watching Cholesterol During the Holidays, November
154. BU Today, Is the Freshmen 15 a Myth?, November
155. iVillage, Foods that Boost Your Metabolism, November
156. Boston.com, Cutting 1000 Calories Your Thanksgiving Meal, November
157. Boston.com, The Cost of Thanksgiving on Your Wallet and Waist, November
158. Boston.com, Thanksgiving Turkey, and Tryptophan, a Sleepy Tradition? November
159. Redbook Magazine, Your Diet and Your Skin, November
160. Today's Dietitian, Diet and Healthy Aging, November
161. Reader's Digest, Stress Food, December
162. Boston Globe, Survival Tips for Holiday Parties, December
163. Boston Globe, HCG Diet Warning, December
164. Boston Globe, Video: Holiday Parties, December
165. Today's Dietician, Healthy Aging, December
166. Boston Globe, Coffee: The Good, the Bad, and the Ugly, December
167. Today's Dietician, Healthy Aging, December

168. WBZ, BPA in Cans, December
169. SpryLiving.com, Eating When the Cold Hits, December
170. Fox 25tv, Survival Tips for Holiday Parties, December
171. Boston Globe, Healthy Holiday Parties, December
172. Today's Diet & Nutrition, Phytates and Grains, December
173. Boston Globe, Top 5 Slimming Secrets for 2012, December
174. Reuters, Beef as Part of a Heart Healthy Diet, December
175. Shape, New Year's Resolutions by Top Experts, December

2010:

1. CNN.com, Taco Bell Diet, January
2. Fox25 Boston, Healthy Fast Food, January
3. Weight Watchers.com, Seafood, January
4. Aging Well Magazine, Heart Disease, January
5. Oxygen Magazine, Breakfast, January
6. Experience Life Magazine, Healthy Food Shopping, January
7. Everyday Health, Breakfast, January
8. ParentGiving.com, Healthy Meals for Older Adults, January
9. Fast Recipes, Healthy Eating, January
10. Forbes.com, Healthy Eating in Other Countries, January
11. Woman's Day, Fiber, January
12. LA Times, Consuming too Many Vitamins from Fortified Foods and Beverages,
13. WebMD, The Big Breakfast Diet, January
14. WBZ TV, Food Safety at Logan Airport, January
15. WHDH TV, Reusable Grocery Bags, January
16. WBZ TV, Vitamin Infused Vodka, January
17. WBZ TV, Functional Fiber, January
18. iVillage, High Blood Pressure, January
19. Women's Online Magazine.com, Healthy Diets for Women, January
20. Dominican University Paper, Healthy Eating Programs on Campus, January
21. ADA Times, Culinary Skills and RDs, January
22. WERS Radio, Weight loss supplements, January
23. AOL.com, Nutrition 53, February
24. Woman's Day Magazine, Mercury in Fish, February
25. Fox TV Boston, Fastfood Diets, February
26. Heart Insight, Ballpark Food, February
27. Everyday Living Magazine, Washing Produce, February
28. Washington Post, Saturated Fat Diet, February
29. Office Beauty Report, Eating Healthy on a Budget, March
30. Women's Health, Protein at Breakfast, March
31. WBZ TV, Supermarket Strategies, March
32. WBZ TV, HCG Diet, March
33. WBZ TV, Portion Sizes, March
34. Rodale Press, Sodium in Restaurant, March

35. Fox TV, Omega 3s, March
36. Everyday Health, Differences Among Sugars, March
37. Everyday Health, Cooking on a Budget, March
38. Everyday Health, Know Your Cheeses, March
39. Everyday Health, Eggs, March
40. Everyday Health, Alcohol, March
41. Everyday Health, 10 Tips for Healthy Foodies, March
42. Everyday Health, 30 Minute Meals, March
43. WebMD, New Atkins Diet, March
44. Boston Globe, Nutrition Advice by Personal Trainers, March
45. Careers in Health Care, Careers in Dietetics, March
46. AOL.COM, Whole Grains, April
47. Glamour, High Fat Foods That are Good For you, April
48. Supermarket Guru, Healthy Food Shopping, April
49. Redbook, High Fructose Corn Syrup, April
50. Boardroom.com, Chia Seeds, April
51. FoxTV, Snacks that Shrink Your Waist, April
52. Weight Watchers.com, Ice cream, April
53. Bergen Health and Life Magazine, 5 Food Myths Debunked, April
54. Publix, Coffee and Tea, April
55. Good Housekeeping Magazine, Woman's Diets, April
56. Health Direct, 5 Foods To Stop Avoiding, April
57. NewsMax, Dietary Supplements, April
58. WBUR, Paleo-diet, April
59. WebMD, Shrimp, April
60. Rodale, Salt in Fast Food, April
61. Weight Watchers Men's Channel, Eating in Upscale Restaurants, May
62. NPR, Eating like a caveman, May
63. WBZ, sodium, May
64. WBZ, alcohol, May
65. WBZ, The New Atkins Diet, May
66. WBUR, Meat and Process Meat and Heart Disease, May
67. ABC.com, Meat and Process Meat and Heart Disease, May
68. Online Health Website, Healthy Gadgets in the Kitchen, May
69. FoxTV, Salt in Food, May
70. Rodale.Com, Sweetened Beverages and Blood Pressure, May
71. Health Magazine, Foods that enhance sleep, June
72. AOL.com, Summertime Food Safety, June
73. Boston Globe, Licensed Characters on Junk Foods, Pediatrics Article, June
74. Washington Examiner, Seasonal Eating, June
75. AOL.com, Weigh Down Diet, June
76. Self Magazine, Frozen Meals, July
77. Good Housekeeping, Nutrient Interactions, July
78. Sports Illustrated, Ballpark Foods, July
79. Boston Herald, Mayor Menino's Diet, July
80. Self.com, Lack of sleep and weight gain, July

81. Teen Voices Magazines, Teen Health, July
82. Fitness , Canned Foods, August
83. Shape, Light Comfort Foods, August
84. GoodLiving Magazine, Healthy Halloween Foods, August
85. NBC.com, Celebrity weight loss diets, August
86. Self Magazine, Diet and Common Cold, August
87. WHDH TV, Healthy Back to School Lunches, August
88. Make Kitchen Vault.Com, Olive Oil, August
89. Fox25TV, Healthy Breakfasts, August
90. WebMD, `Overeating Fastfood and weight gain, August
91. Fox25 TV, Alcohol – Size Matters, September
92. WHDH TV, Live Webcast, Healthy School Lunches, September
93. WebMD, Healthy Breakfasts for Kids, September
94. Experience Life Magazine, Three Things To Do To Improve Your Diet
95. US World News & Reports, Consumers’ Kitchens, September
96. NBC.com, Celebrity Diets Part 2, September
97. Fitness Magazine, Tips to Lose Weight, September
98. WBZ TV, Corn Sugar, September
99. WBZ TV, FDA Labeling Law, September
100. Everyday Health.com, Overcoming 5 Common Weight-Loss Obstacles
101. Everyday Health.com, Think Your Way Thin, September
102. Everyday Health.com, Heart-Healthy Protein Sources, September
103. Weight Watchers.com, Healthy Lunches for Kids, September
104. Galttime.com, Avoiding Bloating, September
105. Smart Shopping, September
106. Fox25TV, Healthy Snacks, September
107. iVillage, Fall Weight Loss Foods, October
108. Consumer Reports, Are Frozen Dinners Healthy?, October
109. The ZIED GUIDE, Eating to Beat the Common Cold, October
110. Student Health 101.com, Healthy Eating At College, October
111. ProNewsNet, Staying Slim During the Holidays, October
112. Whole Living Magazine, Black Rice, October
113. Cosmopolitan Magazine, Food Safety, October
114. Fox25TV, Dinners in a Dash, October
115. Rachael Ray, Eating Through The Lifecycle, October
116. Mochi Magazine, Fad Dieting, October
117. Health Monitor, Fat Belly Busters, November
118. Environmental Nutrition, Functional Foods, November
119. Redbook, November
120. EveryDay Health, Foods that Energize you, November
121. EveryDay Health, Eating Like a European, November
122. EveryDay Health, Sweet ways To Enjoy Dessert, November
123. Lifescrpt.com, Holiday Eating Tips, November
124. CNN, Eye Health, November
125. Bicycling Magazine, Functional Foods, November
126. Dallas Mom’s Blog, Kids Eat Right, November

127. Woman's Day Magazine, Twinkie Diet, November
128. Woman's Day Magazine, Reasons Why You Eat When You are Not Hungry
129. Self Magazine, Foods that fight bloat, November
130. Forbes.com, Almonds as a Healthy Snack, November
131. Health Magazine, Fat Burning Foods, November
132. RedBook, Comfort Foods Made Healthier, November
133. EveryDay Health, Revamp Your Relationship With Food, November
134. EveryDay Health, Healthy Holiday Snacking, November
135. Fox25TV, What You Eat May Determine What You See, November
136. WebMD, One Time Food Splurges, November
137. Today's Dietitian, Positive Health Messages, December
138. SvelteGourmad.com, Makeover Holiday Meals, December
139. Men's Health Magazine, Fighting Heart Disease, December
140. Parenting Magazine, Foods that Fuel Moms, December
141. Natural Health Magazine, Food Safety and Salad Greens, December
142. Readers Digest, Vitamin/Mineral Supplements, December
143. Fox25TV, Waist Friendly Holiday Appetizers, December
144. Woman's Day Magazine, Common Cold Myths, December
145. BU Today.com, Holiday Eating Strategies, December

2009:

1. Cosmopolitan, Sensual Foods, January
2. Fox 25 TV, Boston, Diet Secrets, January
3. Fox 25 TV, Diet Myths, January
4. Arthritis Today, Pizza, January
5. Fox 25 TV, Healthy Grocery Shopping, January
6. AOL.com, Atkins Diet, January
7. Fitness Magazine, What RDs Eat, January
8. Women's Day, Surprising Weight Gain, January
9. Glamour Magazine, Weight Gain, January
10. WebMD, Fruit Diet, January
11. HomeMakers Magazine, Detox Diets, January
12. Readers Digest, Safe Water, February
13. Superfoods, MsNBC, February
14. Fox TV, Is Your Refrigerator Safe?, February
15. NPR, Healthy Shopping on a Budget, February
16. The Atlanta Journal Constitution, Weight Gain and Economic Stress,
17. Heart Insight, Heart Healthy At the Ballpark, February
18. MsNBC, Portion Distortion, March
19. Shape Magazine, Healthy Benefits of Olives, March
20. Shape Magazine, Caffeine, March
21. Fox 25 TV, Beauty and the Beans, March
22. NewsMax, Diet and Longevity, March
23. Woman's World, Tricks to Eat a Healthy Diet, March

24. MsNBC, Cooking Up A New Career, March
25. Men's Health, Healthy Lettuce, March
26. CNN, Functional Foods, March
27. Fitness Magazine, Healthy Cooking, March
28. Better Homes & Garden, Why People Cheat on Diets, March
29. Healthy Eating on a Budget, Metro West News, April
30. Superfoods, Health Magazine, April
31. Cravings, Good Housekeeping Magazine, April
32. Alcohol, Cosmopolitan Magazines, April
33. Breakfast, More Magazine, April
34. Holiday Eating, Healthy Heart Living, April
35. Healthy Cooking, Real Simple Magazine, April
36. Foods in the 1900s, Gate House Media, April
37. Food Safety in the Kitchen, Fitness Magazine, April
38. Healthy Eating on a Budget, Nutrition Talk Radio, April
39. How To Stay Motivated with Healthy Habits, Shape Magazine, April
40. Affordable Trendy Foods, Fitness Magazine, May
41. Weekend Makeovers, Ladies Home Journal, May
42. Summer Foods, MsNBC, May
43. Balancing Desserts in your Diet, Web MD, May
44. Weight Loss Tips You Never Heard Of, Web MD, May
45. Comfort Foods, Runner's World, June
46. Squash, Martha Stewart Living Magazine, June
47. Holiday Eating Tips, Fitness Magazine, June
48. Turkey, Bon Appetite, June
49. Produce Pretenders, Fox25 TV, Boston, June
50. Healthy Foods For Cyclists, Bicycling Magazines, June
51. Healthy Summer Recipes, New England Fine Recipes, June
52. Omega 3s, CBS, July
53. Functional Foods, Fox25 TV, July
54. Changing Bad Habits, Woman's World, July
55. Holiday Eating, Rachel Ray Magazines, July
56. San Antonio Express News, Tap vs Bottled Water, July
57. Breakfast, Clean Eating Magazine, August
58. Healthy Skin, Waterfront Media, August
59. High Protein Diets, LA Times, August
60. Healthy French Toast, Fitness Magazine, August
61. Organic Produce, Fox25 TV, August
62. Vinegar, Body & Soul, August
63. Holiday Eating, WebMD, August
64. Eat More, Weigh Less, Everyday Health, August
65. Sugar in Foods, Fox25 TV, August
66. Apples, Patriot Ledger, September
67. Experience Life Magazine, September
68. Cravings, Men's Health, September
69. Protein, Rodale Press, September

70. Genetics and Your Weight, US News & World Rodale Press Report, September
71. Vitamins, Baylor Health Systems, September
72. Cravings, Metro US, September
73. DNA Testing & Weight Loss, WBZ TV, September
74. Nutrition Labeling, WBZ TV, September
75. Creative Ways to Cut Calories, Best You Magazine, September
76. Nutrition Labeling, Best You Magazine, September
77. Food Labeling, Forbes, September
78. Sugar Intake Among Low Income Individuals, October
79. Weight Loss, Fitness Magazine, October
80. Foods that Fight the Flu, OK Magazine, October
81. Thanksgiving Meals Over the Decades, AP, October
82. Miracle Diets, NewsMax, October
83. Eating When Happy, Boston Globe, October
84. Tax on Sugary Drinks, Today's Dietitian, October
85. Mediterranean Diet, AOL.com, October
86. Breakfast, Women's Health, October
87. Margarine, Men's Health, October
88. Good For You Foods, FoxTV, October
89. Tweet What You Eat, AOL.com, October
90. Soy, Natural Health Magazine, October
91. Surviving the Holidays, LA Times, October
92. Detox Diets, Women's Day Magazine, October
93. Foods that Help Stress, Women's Health, October
94. Kellogg's Cereal Claim, WBZ TV, November
95. Eating Slower and Weight Loss, AOL.com, November
96. Tapeworm Diet, AOL.com, November
97. The Biggest Loser, Forbes, November
98. Breakfast Cereals, Fox25 TV, November
99. Food Safety, Men's Health.com, November
100. Vitamins, Better Homes and Garden Magazine, November
101. Group Weight Loss Programs, Valley News, November
102. Weight Loss, Everyday Health.com, November
103. Food Safety, Everyday Health.com, November
104. Wasabi, Scope, November
105. Vitamin Waters, Innovative Beauty and Health Solutions, November
106. Healthy Eating on Campus, November
107. Produce Washes, Bon Appetite, November
108. Healthy Snacks, Everyday Health.com, December 2009
109. How to Make Healthy Choices at Parties, Everyday Health.com, December 2009
110. Eating for Energy, Everyday Health.com, December 2009
111. Make Working Lunches Work for You, Everyday Health.com, December 2009
112. Healthy Brown Bag Lunches, Everyday Health.com, December 2009

113. Seasonal Eating Guide, Everyday Health.com, December 2009
114. Hydroxycut Products, AOL.com, December 2009
115. Palm Oil, NewsProNet, December 2009
116. Food Safety, Better Homes and Gardens, December 2009
117. Dairy and Weight Loss, Cheese Market News, December 2009
118. Functional Foods, Arthritis Today, December 2009
119. Healthy Post Exercise Recipes, Runner's World, December 2009

2008:

1. Clean Home Journal, Portion Control, January
2. Today's Dietitian, National RD Day, January
3. Standard-Times in New Bedford, MA, Fad Diets, January
4. Therapy Times, How to Become An RD, January
5. Forbes.com, Airport Foods, January
6. Exponent-Telegram, Foods to Eat to Stay Healthy, January
7. Daily Free Press, Caffeine, January
8. Self Magazine, Cravings, January
9. Martha Stewart Magazine, Enriched Flour, January
10. All You Magazine, Eat This, Not That, February
11. Readers Digest, Salad Dressing, February
12. All You Magazine, Eat This, Not That, February
13. Readers Digest, Salad Dressings, February
14. New England Cable News, Chocolate and Heart Health, February
15. The Strong Buzz, Pure Food, February
16. Lupus Now Magazine, Salads, February
17. Health Magazine, Salads, February
18. Daily Free Press, Energy Drinks, February
19. Daily Free Press, Unhealthy College Eating, February
20. The Nest, Clarified Butter, March
21. More Magazine, Women's Health, March
22. Family Circle Magazine, Breakfast, March
23. Associated Press, Sprouted Bread, March
24. BostonNOW, Trans Fats, March
25. Rodale Press, Tourneau Magazine, Health Habits that Waste Time, March
26. Google News, Trans Fat, March
27. Daily Free Press, Vegan Diets, March
28. Self Magazine, Breakfast, March
29. Fox TV Boston, Spring Into Shape, March
30. Working Mother Magazine, Vitamin D, March
31. Women's Health Magazine, Avoiding Weight Gain on Vacation, March
32. RD Today, Beef Recall, March
33. Food & Fitness Advisor, Healthy Salads, March
34. Daily Free Press, Jamba Juice, March
35. Diet Detective, Diet Detective, March
36. Fitness Magazine, Foods that Enhance Each Other, March

37. Lupus Magazine, Healthy Summer Recipes, April
38. SK Health Communications, Squash, April
39. American Health Magazine, Omega -3 Fatty Acids, April
40. Prevention Magazine, Shortfall Nutrients & Women, April
41. WebMD, Daily Water Needs
42. Self, Cooking and Eating Healthy For One, April
43. Associated Press, Energy Drinks, April
44. Women's Day Magazine, Cholesterol Lowering Diet, April
45. Redbook Magazine, Women and Fish, May
46. Real Simple Magazine, Healthy Barbecues, May
47. Coffee Communications, Healthy Diets, May
48. Woman's World Magazine, Stressful Eating, May
49. ADA Food Safety Publication, Food Safety & Young Adults, May
50. The Boston Globe, Teens Eating Habits, May
51. Fox 25TV, Smart Shopping on a Budget, May
52. Family Circle Magazine, Stressful Eating, May
53. The News Journal, Sugar in Foods, May
54. Glamour Magazine, Women's Health, May
55. Readers' Digest, Healthy Traveling, May
56. Health Magazine, Pumpkin for Health, June
57. Shape Magazine, Dietary Fat, June WBZ Radio
58. Tomatoes and Salmonella, June
59. Shape Magazine, Alternate Day Diet, June BU Today,
60. Picnic Foods & Safety, June
61. Business Week, Smart Shopping on a Budget, June
62. WebMD, High CHO, High Protein Breakfast for Weight Loss, June
63. Women's Day Magazine, Women and Weight Loss, June
64. Duluth News, Smart Shopping on a Budget, June
65. Consumer Reports Best Baby Products, Nutrition Advice for Parents, June
66. Redbook Magazine, Nutrition/Food Myths, June
67. More Magazine, Low Fat Dinners, June
68. O Magazine, Drunkorexia, July
69. GreenWise Magazine, Cravings, July
70. Content That Works, Functional Foods, July
71. Health, Holiday Food Safety, July Now Magazine,
72. Healthy Business Meeting, July
73. Reader's Digest, Sweet Potatoes, July
74. Fox25 TV, Boston, BMI
75. Family Circle Magazine, Holiday Food Safety, August
76. Fox25 TV, Vitamin Waters, August
77. Oxygen Magazine, Holiday Stress, August
78. Best Life Magazine, Brain Foods, August
79. Washington Post, Detox Diets, August
80. Vitality Magazine, Eating Like a Thin Person, August
81. Philadelphia Inquirer, Nutrition Research, August
82. Shape Magazine, Creative Ways to Cut Calories, August

83. GateHouse News Service, Pumpkins, September
84. BU Today, Childhood Nutrition, September
85. Lowell Sun Paper, Labeling Terms, September
86. Shape Magazine, Healthy Grilled Cheese, September
87. Chicago Tribute, Laxatives for Weight Loss, September
88. Hubpages.com, Freshman 15, September
89. Self Magazine, Nutrients Needed During Weight Loss, September
90. Explore Magazine, Smart Shopping on a Budget, September
91. Whattoexpect.com, Toddler Nutrition, September
92. The Boston Herald, HFCS, September
93. About.com, Heart Healthy Diets, September
94. Fox 25 TV, 100 Calorie Snacks, September
95. Philadelphia Inquirer, Soy, October
96. Milwaukee Journal, Vitamins, October
97. Shape Magazine, Nutrients that Zap You, October
98. Healthcare Ledge Magazine, Energy Drinks, November
100. Fox 25 TV, Breakfast Cereal, November
101. MyLifetime.com, Weight Loss, November
102. Delaware News Journal, Weight Loss, November
103. ABC TV, Food Costs, November
104. Washington Post, Thanksgiving, November
105. SheKnows.com, Vitamin D and Kids
106. AARP, Tryptophan and Turkey, November

107. Fitness Magazine, Eat and Shop Healthy, November
108. Lean and Fit Newsletter, Produce, November
109. The Improper Bostonian, Smart Shopping on a Budget, November
110. WWE Magazine, Good Food for Office Refrigerator, November
110. AARP, Carrots and Eyesight, November
99. Cooking Light Magazine, Food Safety, November
100. Beaufort Gazette, Comfort Foods, November
101. Women's World Magazine, Yogurt, November
102. Fox 25 TV, Healthy Holiday Gifts, December
103. Food Magazine, Shopping Cart Tips, December
104. Prevention Magazine, Signs You Need an RD, December
105. LA Times, Food Trends, December
106. Shop Smart, Weight Loss, December
107. BU Today, Weight Loss, December
108. Hartford Courant, 100 Calorie Snacks, December
109. Today's Dietitian, Downsizing Grocery Stores, December
110. Vitality, Salad Bars, December
111. Radio PA, Smart Shopping on a Budget, December
112. Everyday Health.com, Bloating, December
113. Everyday Health.com, Portion Control, December

2007:

1. Associated Press, Diet Pills and Weight Loss, January
2. ABC.Com Diet Pills Weight Loss, January
3. USA Today, Sodium in the Diet, January
4. Patriot's Ledger, Dietitians as Career Choice, January
5. Daily Free Press, Boston University, Trans Fats in Restaurants
January
6. Fox25 TV, Boston, Whole grains, January
7. Daily Free Press, Boston University, The Common Cold, January 1
8. Daily Free Press, Boston University, Sargent Choice Meals, February
9. Chocolate and Your Heart, Fox 25 TV, February
10. Nubella.com, South Beach Diet, February
11. First for Women, Healthy Burgers, Lorraine Sullivan
12. Daily Free Press, Advertising to Children, March
13. Fox 25 TV, Boston, Organic Produce, March
14. Full Circle, BUTV, Trans Fats, March
15. Parents Magazine, Fruits, Vegetables, & Calcium in Children's Diets, March
16. Consumer Reports Best Baby Products Book, 9th edition, Eating Well When You
Have a Baby, March
17. Woman's World Magazine, Jenny McCarthy's Diet, June
18. Associated Press, Detox Dieting, April
19. Fox TV 25, Boston, Dieting Strategies, April
20. Daily Free Press, Alli, March
21. Cityline, Channel 5, Organic foods, May
22. Metro West, Eating on \$3 per Day, May
23. People Magazine, Consuming Low Calorie Diets, May
24. US World News & Report, Alli, June
25. Newsweek, Healthy Eating on Campus, June
26. The Courier-Journal, Coffee, June
27. Vitality Magazine, Healthy Food Shopping, June
28. Quick and Simply Magazine, Alli, June
29. Alternative Magazine, Breakfast options before a workout. June,
30. Prevention Magazine. How to get fruits and veggies in the diet
of families, July
31. Redbook, Labeling Claims, July
32. Diet Detective.com, Investigation---Are the Marketing Claims
Really True?, July
33. USA Today Weekend, Freshman 15, August
34. Prevention Magazine, Foods that Affect Sleep, December
35. WebMD.com, Carnival Foods, July
36. Arthritis Today Magazine, Weight Loss Strategies, July
37. Syndicated websites, Soft Drinks, July
38. Cape Cod Times, Energy Drinks, August
39. WebMD.com, Healthier German Holiday Foods, August
40. Publix Supermarket, Potatoes in a Healthy Diet, Suzanne Hall, August
41. The Today Show, New York, Trans Fat, August

42. Fox25 Morning News, Boston, Freshman 15, September
43. Prevention Magazine, Hunger, September
44. BU Today, How to Cook Healthy Snacks in the Dorms, September
45. Better Homes and Garden, Fast Food, September
46. Career Focus Magazine, Colleague Quarterly, Careers in Nutrition, September
47. Blue Print Magazine (Martha Stewart) What RDs Buy and Eat at Supermarkets, September
48. All You Magazine. Pantry Makeover, September
49. Experience Life Magazine, Whole foods vs Supplements, September
50. Oxygen Magazine, Things that Sabotage Your Dieting Efforts, September
51. WBZ Radio, Boston, Food safety, October
52. The Boston Globe, Who Needs an RD?, October
53. The Hartford Courant, Consumer Grocery Shopping Habits, October
54. Washington Post, Vegetarian Diets, November
55. Chronicle TV, Boston, Waist Friendly Desserts, November
56. Lowell Sun Times, Diet and Immunity, November
57. Woman's Day Magazine, Trans fats, November
58. Martha Stewart Between the Line (Martha Stewart Column), All Natural Food Labeling, November
59. BostonNOW, Holidays Meals for Individuals on Special Diets, November
60. Food and Fitness, Weight management, November
61. Forbes Magazine, Holiday Eating, November
62. Associated Press, Time, Newsweek, CNN, Thanksgiving day fatigue, November
63. Boston Herald, Santa's Weight Issue, November
64. San Antonio Express News, New Year's Resolutions for the Whole Family, December
65. Reader's Digest, Salad Bar Safety, December
66. Fox TV, Boston, New Year's Strategies, December

2006:

1. Boston Globe, The Importance of Breakfast, January
2. Broadway Books, Doctor's Guide to Natural Weight-Loss Supplements, January
3. Eat Right America.com, Rodale Press, Vegetarianism, February
4. Daily Free Press, Cold Remedies, February
5. AOL.com, Cheaters Diet, March
6. Health Matters, BU Today, You Are What you Eat. March
7. ClubMom.com, Healthy Makeover Recipes, March
8. ClubMom.com Nutrition Q&A's, March
9. Nubella.com, Healthy Breakfast, February
10. Nubella.com, Functional Foods, April
11. Nubella.com, Diet to Lower Cholesterol, August
12. LA Times, The Importance of Breakfast, August
13. Patriots Ledger, Foods at Fairs, August
14. Revolution.com, Bringing Back Balanced Nutrition, August
15. BU Today, Freshman 15, September
16. BU Today Sustainable Foods, September

17. Fox 25 TV, Boston, Trans Fat, September
18. Daily Free Press, Online Health Information, October
19. BU TV, Energy Drinks, October
20. Weight Watchers Magazine, 10 Rookie Mistakes for Dieters, October
21. Daily Free Press, Sugar Substitutes, October
22. Fox25 TV, Boston, Holiday Eating Tips, November
23. BU Alumni Newsletter, Holiday Eating Tips, November
24. BU Today, Holiday Eating Tips, November
25. Daily Free Press, Fat Support Groups, November
26. Pizza Market Place.com, Pizza Toppings, November
27. WBZ, Channel 38, Trans Fats in NYC Restaurants, November
28. Daily Free Press, Caffeine, December
29. Woman's World Magazine, Drinking Tea for Weight Loss, December

2005:

1. HealthSmart Today, Eating Tips for Various Diets, January
2. Boston Globe Caffeine, January
3. So Dish, The Nutritional Aspects of Soup, January
4. Daily Free Press, Dietary Guidelines, February 8, 2005
5. Vegetarian Times, Pizza, June
6. Cooking Smart Magazine, Pizzas and Salad Bars, July
7. Fitchburg Sentinel and Enterprise, Foods to Fight Fatigue, August
8. BU Today, Eating a Healthy Breakfast, September
9. Boston Herald, Sunday, Breakfast Cereal and BMI Among Children, September
10. Pizza Marketplace.com, Building a Healthy Pizza, September
11. Daily Free Press, Deli Sandwiches, October
12. Daily Free Press, Sargent College's Future, October
13. The Boston Globe, Peanut Butter, November
14. Health Smart Today, Filling the Nutritional Gaps in Popular Diets, November
15. Men's Magazine, Foods Men Think Are Healthy, November
16. Parents Magazine, Little Ways To Get A Lot Healthier (Fast), December
17. Norbella.com Holiday Eating, December

2004:

1. Daily Free Press, Freshman 15, September
2. Boston Magazine, Elegant Wedding Issue, Nutrition for the Bride, November
3. Boston Globe, Bar Hopping For Energy, December
4. Los Angeles Newspaper Group, Energy Bars Fit The Bill, December
5. Men's Fitness Magazine, Weight Loss, November
6. Bean U – Nutrition TV

2003:

1. Richmond Times – Dispatch, Odd Sounding Methods May Aid Weight Loss, January

2. Patriots Ledger, Tomatoes and Lycopene, March
3. Business Traveler Magazine, Dieting when Traveling, March
4. Nitebeat, TV, Trans Fatty Acids, May
5. Fitness Magazine, Is the Food Guide Pyramid Making you Fat? June
6. Parents Magazine, 15 Foods Moms Should Eat Every Week, June
7. Family Circle Magazine, Food Safety, June
8. Plains Dealer, Trans Fatty Acid Labeling, July

2002:

1. Boston Herald, Healthy Eating in a Busy Life, January
2. Fitness Magazine, 50 Diet Mistakes, January
3. Women's World Magazine,, Cheap, Healthy Eating, March
4. Women's Day Magazine, Sneaking in Health Foods, April
5. Fitness Magazine, The Food Guide Pyramid, April
6. LA Times, Carbohydrates, August
7. Daily Free Press, Vegetarian Diets, October
8. Daily Free Press, Beer versus Milk, October
9. Men's Health, Diet and Resting Metabolism, October
10. Buffalo Press, Jelly Beans versus Green Beans, October
11. Daily Free Press, Naked Juice, November
12. Parade Magazine, What America Eats, Cooking with a Food Thermometer, November
13. The Honolulu Advertiser, Grapefruit Myths, November

2001:

1. New York Times, Upfront, Fastfood, February
2. BU Bridge, Curbing Sweets, February
3. Weight Watchers Magazine, Soda, March
4. Boston Phoenix, Iceberg lettuce, March
5. Sky Magazine, Health Eating When Traveling, April
6. Health magazine, Marriage and Weight Gain, April
7. CNN, Ice Coffee Drinks, May
8. Improper Bostonian, Summer Eating, May
9. Fitness Magazine, Dieting Tips, September
10. Readers Digest, Marriage and Eating, October
11. Chronicle, WCVB, TV, Nutrition & Aging, November
12. Men's Health, Next Best Thing, December

Professional Honors and Distinctions

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| 2012 | Named by Good Housekeeping Magazine as the expert to follow on Twitter for healthy eating |
| 2012 | Nominated for US Professor of the Year by Boston University |
| 2009 | Outstanding Dietitian, Massachusetts Dietetic Association |

- 2009 Who's Who in Health Science Education
- 2007 Outstanding Dietetic Educator, Massachusetts Dietetic Association
- 2001 Recipient of the 2001 Whitney Powers Excellence in Teaching Award, Sargent College of Health and Rehabilitation Sciences.
- 2000 Nominated for 2000 Whitney Powers Excellence in Teaching Award, Sargent College of Health and Rehabilitation Sciences.
- 1985 Recognized Young Dietitian of The Year, Massachusetts Dietetics Association.
- 1983 Hazel M. Hauck Graduate Fellowship in Human Nutrition, American Dietetic Association.
- 1983 Who's Who Among Students in America

Professional Memberships and Affiliations

- 2010-2011 Nominating Committee, Chair, Massachusetts Dietetic Association Board
- 2009-2010 Nominating Committee, Massachusetts Dietetic Association Board
- 2007-present ADA Media Spokesperson
- 2006-2007 Liaison to COP and Areas, Massachusetts Dietetic Association Board
- 2005-2006 Liaison to COP and Areas-Elect, Massachusetts Dietetic Association Board
- 2004-2005 Chairperson, Nominating Committee, Massachusetts Dietetic Association Board
- 2003-2004 Nominating Committee, Massachusetts Dietetic Association Board
- 2002-2003 Nominating Committee, Chairperson, Massachusetts Dietetic Association Board
- 2001-2002 Elected, Nominating Committee, Massachusetts Dietetic Association Board
- 1999-2001 Elected, Director of Education, Massachusetts Dietetic Association Board
- 1984-present Member of the American Dietetic Association and Massachusetts Dietetic Association.

Pro Bono Work

Sudbury Methodist Church, Sudbury, MA. Ticket Chairperson, Benefit for Dominic Relief, which raised \$5,000 for school supplies and teachers' salaries for a pre-school in Marigot, Dominica, 2006.

Salge Blake, J. Lecture: Nutrition & You, Senior Center, Regis College, 2012.

Salge Blake, J. Lecture: "Careers in Nutrition". Natick High School, Natick, MA, 2007.

Salge Blake, J. Lecture: "Nutrition & Your Family", Grace Baptist Church, Hudson, MA, 2000.

Salge Blake, J. Lecture: "Nutrition & Health". Baptist Church Women's Group, Marlboro, MA, 1997

Salge Blake, J. Lecture: "Nutrition & Health". Sudbury Methodist Church Women's Group, Sudbury, MA 1996.

Salge Blake, J. Lecture: "Nutrition & Health". Temple Shir Tikva, Wayland, MA, 1996.

Salge Blake, J. Lecture: "Nutrition & Health". Jewish Women's Group, Wayland, MA, 1996.

