



Elizabeth M. Ward, MS, RD

Elizabeth Ward is a freelance writer and nutrition consultant. She is the author of *The American Dietetic Association's Expect The Best: Your Guide to Healthy Eating Before, During & After Pregnancy* (Wiley, 2009); *The Pocket Idiot's Guide to the New Food Pyramids* (Alpha Books, 2006); *The Complete Idiot's Guide to Feeding Your Baby and Toddler* (Alpha Books, 2005); *Healthy Foods, Healthy Kids, A Complete Guide to Nutrition for Children from Birth to Six Years Old* (Adams Media, 2002); and *Pregnancy Nutrition: Good Health for You and Your Baby* (Wiley, 1998). Ward is also the co-author of *Super Nutrition After 50* (Publications International, 1994); and contributing editor for Pillsbury's *Healthy Baking* (Viking Press, 1995). She regularly writes for several publications including *Men's Fitness* and *WebMD.com*.

As a spokesperson for the American Dietetic Association for nearly 10 years, Ward was featured in nearly 1,000 print and broadcast interviews, including CNN, U.S. News & World Report, The New York Times, and The Boston Globe.

Ward has been a speaker at more than 100 professional meetings, including The American Dietetic Association, The Massachusetts Dietetic Association, The Florida Dietetic Association, The National Association of Catering Executives, The Pennsylvania School Food Service Association, and the International Congress of Dietetics in Paris.

Ward created and conducted corporate nutrition education programs for five years at Medical Care Affiliates in Boston, where she also counseled ambulatory patients. She has worked at the Joslin Diabetes Center and the American Heart Association, and for seven years counseled children and adults about healthy eating and disease prevention at Harvard Vanguard Medical Associates in Boston.

Ward completed her undergraduate degree in human nutrition at the University of Massachusetts, Amherst; a one-year dietetic internship at Brigham and Women's Hospital in Boston, and a Master's in Mass Communication at Boston University. She is the recipient of the 125 Alumni to Watch Award from the University of Massachusetts, and was named Recognized Young Dietitian of the Year by the Massachusetts Dietetic Association.