

Keri Glassman MS, RD, CDN

Nationally recognized celebrity nutritionist, registered dietitian, healthy cooking expert and published author Keri Glassman is the founder and president of Keri Glassman, Nutritious Life, a health and wellness brand, and The Nutrition School, a 12-week online course created to provide an unprecedented nutrition education and a springboard for building a successful career in the health and wellness industry.

For years, Keri has been a leader in advancing a “whole person” approach to health and wellness.

Her expertise is frequently featured on several national television programs including The Today Show, Good Morning America, Dr. Oz, The Rachael Ray Show, The Doctors, and The View.

She is a contributing editor and advisory board member for Women’s Health Magazine, a Today Show Tastemaker, and has authored four books, including The New You and Improved Diet and The O2 Diet.

Keri is a mother of two children Rex and Maizy, and resides in New York City with her family. She lives and breathes a Nutritious Life while inspiring others to do the same. You could take away her potato chips forever, but don't think about removing chocolate chip cookies, her spiral notebook, or her sneaker collection.

