



Sharon Palmer, MSFS, RDN, The Plant-Powered Dietitian

Short BIO

Sharon has created an award-winning career based on combining her two great loves: nutrition and writing. Sharon is an accomplished writer, editor, blogger, author, speaker, and media expert. In particular, her expertise is in plant-based nutrition, cooking, and sustainability. Sharon has authored over 950 articles in a variety of publications, including *Better Homes and Gardens*, *Prevention*, and *LA Times*. Her book [*The Plant-Powered Diet: The Lifelong Eating Plan for Achieving Optimal Health, Beginning Today*](#) (The Experiment, July 2012) was a critical success, which was followed by her second book [*Plant-Powered for Life: Eat Your Way to Lasting Health with 52 Simple Steps & 125 Delicious Recipes*](#) in July 2014. In addition, she has contributed to several book chapters on nutrition and sustainability. Sharon serves as the nutrition editor for *Today's Dietitian* and judge for the James Beard Journalism Awards, provides her expertise to many publications and organizations on an advisory basis, and speaks widely at conferences and in the media, including print, online, radio, podcasts, television, and film. And she still has time to blog every day for her popular online community (170K members strong and growing) at [The Plant-Powered Dietitian](#). Sharon recently completed her Master's Degree in Sustainable Food Systems from Green Mountain College in Vermont, where she currently works as an advisor. Living in the chaparral hills overlooking Los Angeles with her husband and two sons, Sharon enjoys tending to her own organic garden, visiting the local farmers market every week, and cooking for friends and family.



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