



professional bio

Patricia Bannan, MS, RDN, is a nationally recognized registered dietitian nutritionist, healthy cooking expert, and captivating communicator inspiring millions of people to eat and live well.

She is known for developing segments for television, writing articles for magazines, and her work as a spokesperson to leading health-minded companies and organizations nationwide. She is the author of *From Burnout to Balance: 60+ Healing Recipes and Simple Strategies to Boost Mood, Immunity, Focus, and Sleep* (Rodale Books).

Patricia has conducted more than 2,000 media interviews, including guest appearances on The TODAY Show, The Doctors, ABC News, Fox News Channel and CNN. She has also written for and been interviewed by magazines such as *O*, *The Oprah Magazine*, *People*, *Shape*, *Glamour*, *Parents*, *Men's Health*, and *Good Housekeeping*. She serves as a contributor to Thrive Global, a leading behavior change technology company on a mission to end the stress and burnout epidemic.

In addition to her nutrition expertise, Patricia received a professional chef certificate from The New School of Cooking in Los Angeles. She enjoys using her culinary skills to develop recipes, shoot cooking videos, and teach clients how to make healthful changes in their lives starting in the kitchen.

Her website, PatriciaBannan.com, is packed with expert advice, interviews, recipes, news and tools to help people live their best life.

She graduated cum laude from the University of Delaware with a Bachelor of Science in nutrition and dietetics and completed her dietetic training at the National Institutes of Health in Bethesda, Maryland. Patricia received a Masters of Science in nutrition communication from the Friedman School of Nutrition Science and Policy at Tufts University in Boston, Massachusetts.

When she's not traveling the world talking about nutrition, you can find Patricia at home in Los Angeles with her husband, children, and labradoodle, Pablo.