

Lisa Hark Ph.D, RD is a renowned medical nutritionist with over 20 years of experience in nutrition counseling and promoting the benefits of healthy eating in children and adults. As Director of the Nutrition Education and Prevention Program at the University of Pennsylvania School of Medicine in Philadelphia, she is a leading nutrition educator for medical students and doctors. Her textbook *Medical Nutrition and Disease* is used in many medical schools in the US and around the world. As a working mother,

she has first-hand knowledge of how to combine a busy lifestyle with providing a healthy diet for her family.

Darwin Deen, MD is a family doctor and an award-winning nutrition educator. He is Director of Medical Student

Education for the Department of Family and Social Medicine at the Albert Einstein College of Medicine, teaching family medicine, behavior change, and nutrition to medical students and doctors in training. He is former director of the regional Center for Clinical Nutrition Education at the New York Academy of Medicine where he trained physicians in nutrition to help patients improve their health by making significant diet and lifestyle changes. Dr. Deen currently practices Family Medicine and nutrition in the Bronx, New York, where he has been taking care of patients for over 20 years.

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