

Personal Statement

Dr. Lisa Hark is a renowned family nutrition expert 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 for the past 18 years, she is a leading nutrition educator of medical students and doctors. Recently, she was the host for season one of the new television series "**Honey, We're Killing the Kids**", which airs on TLC.



Dr. Hark graduated from Drexel University with a Bachelor of Science in nutrition and biology and completed a dietetic internship at Emory University's School of Medicine. She obtained her Masters of Science degree from the Institute of Human Nutrition at Columbia College of Physicians and Surgeons and a Doctoral degree in education from the University of Pennsylvania.

Dr. Hark is the editor-in-chief of numerous books including *Medical Nutrition and Disease: A Case-Based Approach* (Blackwell Publishing), which is now in its 3rd edition and used in many medical schools, physician assistant, nursing and dietetic programs in the US and around the world. In 2004, she edited *Cardiovascular Nutrition: Disease Management and Prevention* (American Dietetic Association). In 2005 and 2006 she co-authored *Nutrition For Life* and *The Whole Grain Miracle Diet* (DK Publishing). Her current book, *The Complete Guide to Nutrition in Primary Care*, (Blackwell Publishing), will be released in 2007 and is aimed at primary care clinicians, nurses, physician assistants, and nutritionists.

Dr. Hark is a working mother and has first hand knowledge on how to combine a busy lifestyle with ensuring a healthy diet for her family. She currently resides in Philadelphia, Pennsylvania.

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