



Monmouth County, NJ – Winter 2009 – New Jersey Celebrity Chef Diane M. Henderiks, RD, is on her way to national prominence. Through her crusade to change the nation's attitude about nutrition and raise the culinary bar for healthy cooking **Diane's** influence is growing beyond her four offices, and her outreach now includes media outlets and national corporations, as she continues to build her "**Diane**" brand.

Diane M. Henderiks, RD,/Dietitian in the Kitchen is a leading U.S. nutritionist, personal chef, culinary educator, television personality, contributing editor and corporate nutritional consultant. Diane is also the author of two cookbooks and the designer of her own line of salt and sugar free gourmet spice blends. She is a council chef for Chef's for Humanity, spokesperson for Camp Shane (internationally known weight loss camp for kids), advisory board member for The American Vegetarian Association and committee member for WAMS (Women Against Multiple Sclerosis) and Prevention First. To keep up to date with the latest culinary and nutrition information she is active member of the (ADA) American Dietetic Association, (IACP) International Association of Culinary Professionals and (WCR) Women Chefs and Restaurateurs.

Author of "Dietitian in the Kitchen™, Volume 1. The Essential Recipes" and "Shaken & Stirred, Healthy Cooking using your Favorite Spirits" available at select stores and on line at www.dishwithdiane.com.

Product Developer of "Dietitian in the Kitchen™ Signature Spices – salt & sugar free spice blends.

Nutrition and Culinary contributor for Warner Bros./Telepictures website Momlogic – www.momlogic.com

Spokesperson for TrueLemon® and contributor to their email newsletter "The Main Squeeze", with 500,000+ subscribers – www.truelemon.com

Media appearances have included; CBS, ABC, NBC, CNN, FOX, TLC, BetterTV, MY9, Martha Stewart Radio, Shape Magazine, The New York Times, as well as numerous major network affiliates and publications across the country.

Diane is host of "Healthy Bites with Diane Henderiks" on News12 New Jersey – the largest NJ news channel

Diane Henderiks, R.D.

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Live Celebrity Chef and speaker at National Food and Wine Festivals & Women's Expos which have included:

- 2007, 2008 & 2009 Disney's Epcot International Food & Wine Festival
- WOR radio's "Taste of New York"
- The Taste of the LPGA
- 18th Annual "Taste of Vail"
- 2007, 2008 & 2009 Gulf Coast Woman's Expo
- 2006 & 2009 Atlantic City Food & Wine Festival
- 2009 Philadelphia Food & Wine Festival
- 2009 Omaha Women's Expo
- 2009 Phoenix Women's Expo
- and many more...

Creator, Chef and Host of Live Cooking Shows and Workshops:

- "Healthy Cooking Live"® - a 5-course gourmet meal that **Diane** teaches and prepares - cooked both privately at client's homes and at restaurants.
- "Nutrition Facts Market Tour"® – An informational packed tour through the client's supermarket, identifying products that make healthy eating fun and exciting.
- "Kitchen Ambush"® – A personal visit from **Diane** to your home or office kitchen for a hands-on approach to nutritional awareness. Refrigerators and cabinets will get a total nutritional make-over.
- "Kids Healthy Eating & Fitness Workshop"® – An interactive and fun workshop for kids and their parents.
- "My Baby"® – An informative course in the benefits of healthy eating for mothers- to-be.

"Bottom-Line Corporate Wellness"® – **DITK** consulting packages tailor-made for each Fortune 500, small business, or institutional client. Clients have included Proctor and Gamble, St. Barnabas Health Care System, and many NJ high schools and libraries.

Founder & President of Diane M. Henderiks R.D. and Associates LLC: A nutrition consulting company in Monmouth County New Jersey, founded in 1998, with 4 staffed offices. This company is a participating provider for most major insurance companies.

Chef/owner of "Diane's Daily Dish™" : A personal chef and catering facility.

Fall 2010: "DITK Online"® – **Diane's** successful private practice will be available worldwide online

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