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Betsy Hornick is an experienced writer, editor, and educator—specializing in food, nutrition, and health communications. She is a media spokesperson for the Illinois Dietetic Association.

Betsy's nutrition and communications expertise includes writing for consumer and professional audiences, project management, technical editing, nutrient analysis, nutrition labeling regulations, and exhibiting at professional meetings. Her writing has appeared in various mediums, including Web sites, books, magazines, newsletters, newspapers, brochures, and educational materials. Clients have included McDonald's Corporation, Nabisco, Kraft, General Mills, Chicago Tribune, International Food Information Council, American Dietetic Association, National Cattlemen's Beef Association, McGraw-Hill, Publications International, and Burson-Marsteller, Fleishman Hillard, and Weber Shandwick Public Relations.

As a media spokesperson, Betsy has appeared on CLTV's *Good Eating* show and appears on local Rockford television stations as a nutrition expert. As an educator, she has taught undergraduate nutrition courses and speaks to consumer and professional audiences on a variety of nutrition and health-related topics. As a writer, Betsy was the primary author of *The Weight Loss Bible* and a co-author of *The Healthy Beef Cookbook*. Betsy writes a bimonthly column for *Diabetic Cooking Magazine*.

Betsy's experience includes nine years as an acquisitions and developmental editor for the American Dietetic Association. Materials she has contributed to include ADA's *Complete Food & Nutrition Guide* and the *Manual of Clinical Dietetics* as well as numerous other professional and consumer publications.

Betsy holds a bachelor's degree in food and nutrition from the University of Illinois at Urbana-Champaign. Her master's degree is in clinical nutrition from Rush University in Chicago. Betsy was awarded Illinois' Recognized Young Dietitian of the Year in 1997.