

Lola O'Rourke, M.S., RDN, is a healthcare professional, dedicated to helping others maintain a healthy and enjoyable diet. She believes that what we eat not only has a significant impact on our health, but food is also a continual source of enjoyment and social connection in most people's lives. As Educational Coordinator for The Gluten Intolerance Group (GIG), a 45 year old non-profit in service to the gluten-free community, Lola uses her expertise as a nutritionist and dietitian to lead the educational efforts for their support groups, kids programs, and thousands of members worldwide. Her fluency in Spanish has been a tremendous asset to GIG's outreach to Spanish-speaking populations. Prior to joining GIG, Lola served as a National Media Spokesperson for the Academy of Nutrition and Dietetics (formerly American Dietetic Association), played a major roll in the development of Kellogg's global nutrition plans as Manager of Worldwide Nutrition Communications, and has provided her nutrition expertise as a consultant and spokesperson for food companies, public health agencies, and public relations agencies. Lola has worked to monitor and impact food-related regulations and policy, and has collaborated with government and academic institutions. Through her career, Lola has been a go-to expert for hundreds of interviews and media appearances, including with *The New York Times*, *USA Today*, *The Seattle Times*, *MSNBC*, *Consumer Reports* and *Latina* magazine.