



Meet Award-Winning Author

Brenda J. Ponichtera, Registered Dietitian

Brenda J. Ponichtera is a registered dietitian and author of several award-winning cookbooks, all designed to prove that "healthful eating doesn't have to take a lot of time in the kitchen." As a medical professional and nutrition and diabetes counselor, Ponichtera has specialized in helping people develop healthful, lifelong eating habits. An active member of the American Dietetic Association and the American Diabetes Association, she received the American Dietetic Association's Mary Abbott Hess Award and the Award of Merit from the Oregon Dietetic Association. These awards honor her outstanding achievement and contribution as a health professional and author. She is also an editorial advisor for Today's Diet and Nutrition.

Her *Quick & Healthy* cookbooks were originally written at the request of her clients who wanted healthy recipes that would be quick to prepare and enjoyed by the whole family. The cookbooks – which have now sold more than 700,000 copies – clearly fill a need for today's health-conscious, busy cook. Having garnered praise from the media, including recommendations from “O” The Oprah Magazine, Cooking Light, Miami Herald, Shape Magazine, USA Today, as well as health care professionals, and busy cooks, they also received the Benjamin Franklin "Book of the Year" Award and the Benjamin Franklin Best Cookbook Award.

"Delicious, fun recipes." "Smart ideas." "Something for everyone." "Lives up to its name." "A life-saver for real-world cooks." "Highly recommended." "A must." These are just a few of the reasons reviewers, health professionals, and busy cooks everywhere use these books and recommend them to friends and colleagues.

Ponichtera and her husband, Ken, live in The Dalles, Oregon. While her two sons are now out on their own, they still call mom when they have a cooking question.

Ponichtera is the author of *Quick & Healthy Recipes and Ideas* AND *Quick & Healthy Volume II* Available at local and online bookstores.

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Press materials are available at the Press Room on www.QuickandHealthy.net.
Also available are sample recipes, menus and tips.