

Michelle Dudash, RD

REGISTERED DIETITIAN | LE CORDON BLEU CERTIFIED CHEF | AUTHOR
THE ARIZONA REPUBLIC'S HEALTHY RECIPE COLUMNIST
WHERE NUTRITIOUS IS DELICIOUS!

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SCOTTSDALE, ARIZONA

Michelle Dudash is an award-winning registered dietitian, Cordon Bleu-certified chef, television nutritionist and healthy recipe columnist for *The Arizona Republic's* "Dudash's Dish". Michelle is the author of *Clean Eating for Busy Families* (Fair Winds Press, 2012). She is nationally recognized as an expert in teaching people how food and health can deliciously co-exist. In her 18 years of food business experience, she cooked at a Mobil Five Star restaurant and was a private chef serving guests including English royalty. As a busy working mom, Michelle understands what millions of families face every night as they struggle to put a healthy meal on the table in minutes. Respected and well known among peers, Michelle is the President of the Arizona Academy of Nutrition and Dietetics and is a member of Les Dames d'Escoffier.



AREAS OF EXPERTISE

- Quick & Easy Cooking • Healthy Cooking & Living • Family & Home Cooking •
 - Children • American Regional: Southwest • Appetizers •
 - Diet/Nutrition •
 - Light Desserts • Seafood • Mediterranean Cuisine •
 - Grilling • Salads/Soups • Vegetarian •
- Recipe Development • Conference/Trade Shows • Video Host
- Cooking Classes/Demos • Satellite Media or Radio Tour •
- Lectures/Presentations • Product Spokesperson/Placement •

Demo reel available at www.michelledudash.com/michelle

PRINT/INTERNET

The Washington Post
MSN.com
Women's Health
Woman's World
Prevention
Woman's Day
SELF
Oxygen
Family Circle
Redbook
CookingChannel.com
Time.com
The Arizona Republic
USAToday.com

TELEVISION

"Fox & Friends", FOX News Channel
"Better", nationally syndicated
"Cavuto", FOX Business
"Arizona Midday", NBC KPNX TV 12, Phoenix, AZ
"Good Morning Arizona", KTVK-3TV, Phoenix, AZ
Hundreds of local shows across the country.

RADIO

Radio Disney
"America Tonight"
Metro Networks
WCBS-AM News
"The Exchange"



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