



## [Meet Karen](#)

Karen Collins is a registered dietitian nutritionist who promotes healthy eating as a speaker, consultant and writer. Karen's trademarked tagline, "Taking Nutrition from Daunting to Doable", highlights her focus on translating current research to help people see beyond headlines and put complex information in perspective of overall research. A variety of health professional organizations and conferences for the general public call on Karen to speak, particularly on topics related to the intersection of heart disease, diabetes and cancer.

Karen serves as Nutrition Advisor to the American Institute for Cancer Research (AICR). She writes for the AICR blog, and is also author of her own blog, *Smart Bytes*® accessed via her website, [karencollinsnutrition.com](http://karencollinsnutrition.com). She has penned over 2,000 nutrition-related articles for the public carried nationally in major media. Karen is also author of multiple peer-reviewed research summaries for health professionals, covering cancer prevention and the intersection of cancer, diabetes and heart disease.

She is author of the chapter, "Overview of Public Health Dietary Guidelines for Prevention of Cancer" in *Scientific American Nutrition*, and co-author of the "Nutrition and Cancer Prevention" chapter in *The Clinical Guide to Oncology Nutrition*, published by the Oncology Nutrition Dietetic Practice Group of the Academy of Nutrition and Dietetics.

Based in western New York, Karen conducted a long-time private practice in nutrition counseling, helping people develop realistic strategies for achieving health goals. A Fellow of the Academy of Nutrition and Dietetics, Karen is Past Chair of its Sports, Cardiovascular and Wellness Nutrition (SCAN) dietetic practice group, previously serving as SCAN Chair and co-director of its Wellness and Cardiovascular Nutrition subunit. Karen holds a BS degree in dietetics from Purdue University and an MS degree in nutrition from Cornell University. In 2012, she was presented with SCAN's award for Excellence in Practice in Wellness Nutrition.

CV available upon Request

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