

Biographical Summary
Bridget Swinney, MS, RD, LD

Bridget Swinney is a health communicator, award-winning author and well-regarded nutrition expert in the field of child nutrition, prenatal nutrition and family eating matters. A frequent speaker and media guest, she is a Registered Dietitian with a Master's Degree in Nutrition.

Her latest book is *Eating Expectantly: Practical Advice for Healthy Eating Before, During and After Pregnancy*. Her other two books are *Baby Bites: Everything You Need to Know about Feeding Babies and Toddlers in One Handy Book*; and *Healthy Food for Healthy Kids*. Bridget is the mom of two and lives in Texas. For more information, see Bridget's website: www.healthyfoodzone.com.

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