

Eat, Drink, Win!®

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Sports Dietitian/Nutritionist

- Author of **Endurance Sports Nutrition** (Human Kinetics)—2nd edition, 2007
- Private clients
- Consultant/workshops: NCAA Speaker's Bureau, Nike, University of Portland Athletic Department, Portland State University Athletic Department, Oregon Ballet School/ Theater, Portland Marathon Training Clinic, Jesuit High School, Lincoln High School, Road Runners Club of America (coaching certification workshops), USTAF/USOC Performance Enhancement Team (Long Distance Running), USA Gymnastics Athlete Wellness Program
- Nutrition coach, The Multnomah Athletic Club (2000-2005)

Nutrition Educator/Coach

- Private clients
- Facilitator: Groovin' A New Weigh, Providence/Health System 8-week weight management program (Non-diet/Health at Every Size approach)
- Past clients: Intel, Oregon Dairy Council, Saint Mary's All Girls Academy, Portland Public Schools
- Adjunct faculty, Portland State University—Sports & Exercise Nutrition (2001-03), Current Topics in Nutrition (2002-2003)

Speaker

- The 16th Annual Renfrew Center Foundation Conference For Professionals, Feminist Perspectives and Beyond: Maximizing change in the treatment of eating disorders—the therapist-nutritionist relationship in addressing compulsive exercise (Fall 2006)
- The National Academy of Eating Disorders SIG Meeting on The Female Athlete Triad—Tell Us What They Need to Eat: nutrition prescription for the female athlete with disordered eating (2005)
- C.H.E.F National Prevention Symposium—A Fragile Balance: The obesity epidemic and eating disorders (2004)
- Hong Kong Coaching Committee—Enhancing Sports Performance: The role of sports nutrition (2003)
- Sports, Cardiovascular & Wellness Nutritionists Annual Convention—A Day in the Life of a Sports Nutritionist (2003)
- Professional Businesswomen of CA—A Working Women's Guide to Life Balance (2002)
- Oregon Health & Sciences University's Women's Health Day—Don't Get a Diet, Get a Lifestyle! (2002)
- Providence Health/System's Coffee and Conversation Series—Nutrition for the Active Woman (2001)

Writer/Editor

- Editor of ***Smart Choices for Health***,™ a 10-week weight management self-help workbook (Providence/Health System, 1999) and author/editor of ***Heart to Heart*** and ***Living with Congestive Heart Failure***, heart education patient manuals (2003-04).
- Contributor—*Running Times*, *Runner's World*, *Men's Fitness*, *SELF*, *SHAPE*, *deliciousliving*, *National Strength & Conditioning Journal*, *NY Runner*, *RaceCenter Northwest*, *Outdoors NW Magazine*, *Footnotes*, *Marathon & Beyond*, *USA Today*

Extras

- Elite runner (4:28 mile, former USA Track & Field 5,000 meter-champion, member 3 USA teams), avid cyclist, mountaineer, and rock-climber
- Friend of whippets and retired racing greyhounds
- Member: American Dietetic Association, Academy of Eating Disorders, SCAN (Sports, Cardiovascular and Wellness Nutritionists—2005-07 Executive Committee), Nutrition Entrepreneurs, Columbia River Eating Disorder Network (past board member/2004 Conference Chair)

Education

American Dietetic Association AP4 Program in Dietetics—New England Deaconess Hospital (Boston, MA)

Boston University—Master of Science with Distinction in Nutrition

Georgetown University—Bachelor of Science in Biology, Phi Beta Kappa, magna cum laude