**Suzanne Girard Eberle, MS, RDN, CSSD**

**2423 SW Montgomery Drive**

**Portland, OR 97201**

**T: 503.223.5243, #2**

**E:** [**Suzanne@eatdrinkwin.com**](mailto:Suzanne@eatdrinkwin.com)

**W:** [**www.eatdrinkwin.com**](http://www.eatdrinkwin.com)

**Education**

**American Dietetic Association AP4 Program in Dietetics**, New England Deaconess Hospital (Boston, MA), 1992.

**Master of Science with Distinction in Nutrition**, Boston University/Sargent College, 1993.

**Bachelor of Science** **(Magna Cum Laude**), Biology, Georgetown University, 1985.

**Professional Credentials**

* **Registered Dietitian/Nutrition Therapist** (RDN, since 1992)
* **Board-Certified Specialist in Sports Dietetics** (CSSD, since 2007)

**Employment History and Skills**

**Founder, Eat, Drink, Win!® Private practice, Portland, Oregon (2000-present).**

* Provide individual medical nutrition therapy (MNT) in an outpatient setting—specializing in sports nutrition consultations, weight management (Intuitive Eating) and nutrition therapy for the prevention/treatment of eating disorders. Work in a multi-disciplinary effort with physicians, psychological therapists and other health and fitness professionals (as appropriate) to assist teens and adults with food, weight and body image concerns or medical conditions for which MNT is an appropriate treatment option.
* Present seminars and facilitate workshops for health professionals, corporations, athletic/fitness clubs and high schools and universities, on nutrition, exercise and weight-related topics.

**Media Expert/Spokesperson (2010-present).**

* Provide expertise and exposure via print, the web, radio interviews and television appearances for select clients.

Oregon Dairy Council: MLS Portland Timbers Soccer Academy educational handout for all athletes/parents: *Nutrition 101 for Competitive Soccer Players*

Oregon Beef Council: nutrition-focused podcast for official Hood to Coast training website, KOIN Local 6 (TV) Hood to Coast Training Tips Series—Your Postrace Meals

**Author/Writer/Editor (1996-present).**

* Author/editor of patient education manuals: **The Providence Guide to Living Well with Diabetes** (Providence/Health System, 2008), **Heart to Heart,** and **Living with Congestive Heart Failure** (2003-04) and editor of ***Smart* Choices for Health,™** a 10-week weight management self-help workbook (1999).
* Contributor to various lay publications, including but not limited too: *Running Times*, *Women’s Running,* *Runner’s World*, *Environmental Nutrition*, *Men’s Fitness*, *SELF*, *SHAPE*, *deliciousliving*, *NY Runner*, *RaceCenter Northwest, Newsweek, Outdoors NW Magazine, Footnotes, Marathon & Beyond, and USA Today.*

**Group Facilitator, Providence/Health System weight management (non-diet) programs (1999-2009).**

*Smart Choices for Health* (1999-2004) and *Groovin’ a New Weigh* (2005-2009).

**Nutrition Coach** (2000-2005).The Multnomah Athletic Club, Portland, Oregon.

**Nutrition Education Specialist** (1993-96). New England Dairy and Food Council, Boston, Massachusetts.

**Teaching Experience**

Adjunct faculty, Portland State University—Sports & Exercise Nutrition (2001-03), Current Topics in Nutrition (2002-2003)

**Selected Presentations and Lectures**

* Idaho Association of Health, Physical Education, Recreation and Dance (IAHPERD) Fall Conference--Dietary Guidelines for Americans, 2010: Be in the Know About What’s New (keynote) and What You Can Do to Help Kids Be Healthy and Fit (and like their bodies and not be afraid of food)
* Washington State/Oregon Dietetic Association Annual Conference—Athletes and Eating Disorders: Are you prepared as the first responder?
* SCAN (Sports, Cardiovascular & Wellness Nutrition) Annual Symposium—Eating Disorders and Young Athletes: Getting to the heart of the matter
* Oregon Nurses Association/Nurse Practitioners of Oregon Annual Educational Conference—Non-Diet Approach to Weight-Loss
* Club Industry Conference and Exposition for Health and Fitness Facility Management—Don’t Get a Diet, Get a Lifestyle!
* 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

* NCAA Speakers Bureau: Sports and Body Weight: Lose, gain or just maintain

Eat, Drink, Win!®: Nutrition 101 for student-athletes

* 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
* C.H.E.F National Prevention Symposium—A Fragile Balance: The obesity epidemic and eating disorders
* Hong Kong Coaching Committee Forum—Enhancing Sports Performance: The role of sports nutrition
* High schools: Eat, Drink, Win!®: Nutrition advice for parents of student-athletes  
   Eat, Drink, Win!®: Nutrition 101 for student-athletes
* Oregon Dietetic Association—The Power of Getting Fit: The role of physical activity in reaching and maintaining a healthy body weight
* Professional Businesswomen of CA—A Working Women’s Guide to Life Balance
* Oregon Health & Sciences University’s Women’s Health Day—Don’t Get a Diet, Get a Lifestyle!

**Books**

**Endurance Sports Nutrition-Third Edition,** Human Kinetics, 2014.

**Endurance Sports Nutrition**-**Second Edition**, Human Kinetics, 2007.

**Endurance Sports Nutrition**, Human Kinetics, 2000.

Nutritional Needs of Endurance Athletes, In: Essentials of Sports Nutrition and Supplements (textbook), J Antonio ed, Humana Press, 329-348, 2008.

Eating to Train, In: The Running Times Guide to Breakthrough Running, G Bakoulis and C Karu eds, Human Kinetics, 153-168, 2000.

**Professional Publications**

M Tholking, A Mellowspring, S Girard Eberle, R Pearle Lamb, E Stellefson Myers, C Scribner, R Faye Sloan, K Balnicki Wetherall. American Dietetic Association: Standards of Practice and Standards of Professional Performance for Registered Dietitians (Competent, Proficient, and Expert) in Disordered Eating and Eating Disorders. Journal of the American Dietetic Association, 111 (8): 1242-1249e37, 2011.

J Leddy and S Girard Eberle. Medical Aspects of The Female Athlete Triad monograph, For: Orthopaedic Section’s Independent Study Course, American Physical Therapy Association, 2009.

Continuing Professional Education Self Study Course (Wolf Rinke Associates), Endurance Sports Nutrition: Strategies for Training, Racing and Recovery, 2008.

Eating Disorders in Young Athletes, Pediatric Nutrition Practice—A Building Block for Life, 31(1):9-12, 2008.

Compulsive Exercise-Taking a Good Thing to the Extreme. SCAN PULSE, 26 (4):1-5, 2007.

Athletes and Vegetarian Eating. National Strength and Conditioning Association PowerPoint presentation for coaches and parents, 2007.

Sports Dietitians: Vital Team Players in any Athletic Setting. Athletic Therapy Today,10 (4): 58-60, 2005.

The Female Athlete Triad. National Strength and Conditioning Journal, 25 (3): 74-75, 2003.

**Professional Memberships**

The Academy of Nutrition and Dietetics (AND) and sub-practice groups: Sports, Cardiovascular and Wellness Nutrition (SCAN, 2005-07 Executive Committee) and Nutrition Entrepreneurs

United States Olympic Committee Sport Dietitian Network (inaugural member, 2009)

Academy of Eating Disorders

Columbia River Eating Disorder Network (board member, 2002-2006)

Female Athlete Triad Coalition (AND/SCAN representative 2006-2009)

**Awards and Honors**

Sports Dietetics-USA Meritorious Service Award, 2010.

Niagara Track & Field Hall of Fame—Class of 2010.

Northwest Women’s Journal 100 Most Powerful Women in Town, 2007.

Former elite runner: 4:28 mile, USA Track & Field 5,000-meter track champion, member three USA national teams.