Eat, Drink, Win!®

Suzanne Girard Eberle, MS, RDN, CSSD

Sports dietitian/nutritionist, speaker and author of

Endurance Sports Nutrition – Third Edition (2014)

**contact: 503.223.5243, #2 or** [suzanne@eatdrinkwin.com](mailto:suzanne@eatdrinkwin.com)

**Selected Past Speaking Engagements**

* 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 (workshops for student athletes and coaches): 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
* Oregon Cattlemen’s Association (on behalf of Oregon Beef Council): Proactively Telling Beef’s Story
* The Idaho Association of Health, Physical Education, Recreation and Dance (AHPERD) 2011 Fall Conference: The Dietary Guidelines for Americans, 2010—Be in the know about what’s new
* 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
* SCAN (Sports, Cardiovascular & Wellness Nutrition) Annual Symposium: A Day in the Life of a Sports Nutritionist; Eating Disorders and Young Athletes—Getting to the heart of the matter
* 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!
* Providence Health/System’s Coffee and Conversation Series: Nutrition for the Active Woman