

Toby P. Amidor, MS, RD, CDN, FAND

NUTRITION EDUCATION

- 2012-present **Toby Amidor Nutrition, PC:** *Food and nutrition consultant* for individuals, restaurants and food brands. Contributor to national publications, TV outlets, and radio.
- 8/08-present **Scripps Network/Healthyeats.com/Foodnetwork.com**
Nutrition expert for FoodNetwork.com: created website healthyeats.com from initial development of concept. Responsible for weekly blog posts (fluent in WordPress), recipe analysis, and content development.
- 4/10-present **Teachers College, Columbia University**
Acting Director of Dietetic Internship Program (summer 2010), assist nutrition students in the dietetic internship program to complete their required internship hours and prepare for their registered dietitian exam.
Adjunct professor, teach food safety (ServSafe) and management to dietetic interns.
- 1/11- 8/2014 **FitStudio (powered by Sears): Nutrition Advisor** for the FitStudio community. Responsible for overseeing all nutrition content of the website and Facebook fan page, writing nutrition content, blogging, providing nutrition tips, Q&A sessions and social media contributions via Twitter and Facebook.
- 2/06-2/11 **The Art Institute of Pittsburgh/Online**
Adjunct Instructor, teach sanitation and nutrition courses online to culinary students. Completed Socrates training course.
- 8/08- 9/09 **Briggs Family Pediatrics**
Nutrition Counselor for private counseling of primarily obese adults and children with various health conditions including diabetes, hypertension, hypothyroidism and sleep apnea.
- 7/06-7/08 **DietTV.com**
Director of Nutrition for online nutrition weight loss community. Responsible for development of all online nutrition content, hiring supplemental nutritionists, and creation of nutritional e-tools. Additional duties included of maintenance of Ad Sales and office managerial tasks.
- 2/99- 9/07 **The Art Institute of New York City**
Lecturer & Curriculum Development Coordinator, responsible for developing curriculum and course materials for culinary & management students. Awarded National Restaurant Association Sanitation certificate, qualifying as a Registered Test Administrator.
- 2/00-7/00 **Channelfit.com**
Content Development & Research, responsible for nutrition content for a wellness internet site. Developed special population education, healthy recipe modification, and marketing efforts for the nutrition channel of the website.

9/98- 9/00 **Namsko Total Health Consultants**
Dietetic Counseling (Private Practitioner), providing one-on-one counseling for patients in the diabetic, renal, childhood and obese populations. Developed personalized patient menus and population-specific educational and guidance material.

1998-2000 **New York Presbyterian Hospital (Park Slope, Brooklyn)**
In-House Clinical Dietitian, responsible for patient assessments and nutrition education.

Fall 1998 **NYU- Department of Clinical Nutrition & Dietetics**
Teaching Assistant, responsible for assisting with the development of course materials and for advising students vis-a-vis effective study methods.

RESEARCH SPECIALIST

New York, NY

7/99-7/00 **Pfizer Inhaled-Insulin Study**
NYU Medical Center

Research Analyst & Patient Counselor, responsible for assessing patient diets and developing appropriate patient menus. Monitored patient progress and evaluated test results over a 9-month period.

1/97-1/98 **Environmental/Genetic Considerations in Plasma Lipoprotein Levels in Twins**
Rockefeller University Hospital- Department of Nutritional Services

Principal Researcher, responsible for conducting background research and analyzing food-frequency questionnaires. Developed and utilized statistical analysis tools for use in study. Trained personnel in system management.

CLINICAL NUTRITION & ADMINISTRATION

Brooklyn, NY

3/98-6/99 **New York Methodist Hospital**

Clinical Dietitian/Nutritionist, responsible for patient assessments and education in the neo-natal, adult psychiatric, and surgical floors.

EDUCATION

6/03-6/07 **Columbia University- Teacher's College**
Post master's credits.

New York, NY

3/98-8/98 **New York Methodist Hospital AP4 Internship through NYU**
Experience in Food Service, Clinical, and Community Nutrition.
Received registered dietitian (RD) certification 6/99.

Brooklyn, NY

6/96-12/98 **NYU-Department of Clinical Nutrition & Dietetics**
Masters of Science in Clinical Nutrition and Dietetics

New York, NY

9/92-5/96 **Binghamton University**
Bachelor of Arts Degree in Hebrew Studies.

Vestal, NY

PUBLICATIONS

March 2020 *The Create-Your-Plate Diabetes Cookbook: A Plate Method Approach to Simple, Complete Meals* (American Diabetes Association)

January 2020 *The Best Rotisserie Chicken Cookbook Ever: 100 Tasty Recipes Using A Store-Bought*

Bird (Robert Rose, Inc)

- July 2018 *Smart Meal Prep for Beginners: Recipes and Weekly Plans for Healthy, Ready-to-Go Meals* (Rockridge Press)
- March 2018 *The Easy 5-Ingredient Healthy Cookbook: Simple Recipes To Make Healthy Eating Delicious* (Rockridge Press)
- August 2017 *The Healthy Meal Prep Cookbook: Easy and Wholesome Meals To Cook, Prep, Grab and Go* (Rockridge Press)
- May 2014 *The Greek Yogurt Kitchen: More Than 130 Delicious, Healthy Recipes for Every Meal of the Day* (Grand Central Publishing)

**Hundreds of online and print articles can be viewed on my website:
<http://tobyamidornutrition.com/reads/articles/>*

MEDIA

**Media clips and quotes can be viewed on my website: <http://tobyamidornutrition.com/reads/media/>*

AWARDS

- 2018 Academy of Nutrition & Dietetics Media Excellence Award
- 6/03 **Honored Faculty Award:** The Art Institute of New York City

OTHER

Fluent in Hebrew