BIO FOR LINDA GASSENHEIMER

Linda Gassenheimer is a TV and Radio Personality, Syndicated Journalist, Best Selling Author, Spokesperson, and Food Consultant.

She is the producer and host of the weekly segment, “Food News and Views,” on WLRN 91.3 FM National Public Radio and has made guest appearances on numerous radio and television programs throughout the United States and Canada.

She has appeared on national and international television shows including “Good Morning America,” “Canada AM,” and had her own segment called “Dinner in Minutes” on the Miami NBC TV affiliate. She has appeared many times on the Television Food Network.

Her “Miami Herald” column “Dinner in Minutes” is distributed on the Tribune News Service to over 6 million readers each week. In addition, she writes regularly for “Bottom Line Newsletter” and has written for “Food and Wine,” “Prevention Magazine” “Cooking Light,” and several other national publications.

She is the author of over 25 books. Her newest books, Quick and Easy Chicken: Diabetes-Friendly Recipes Everyone Will Love, No-Fuss Diabetes Desserts, Simply Smoothies, Fast and Flavorful: Great Diabetes Meals from Market to Table, all published by the American Diabetes Assoc. Her latest books are Flavors of the Florida Keys, The Portion Plan, Prevention’s Fit and Fast Meals in Minutes, Good-Carb Meals in Minutes and Good-Carb Diet for Life. Low-Carb Meals in Minutes reached number 1 on Amazon.com's bestseller list for all books and number 2 on the L.A. Times Hot Books List.

Visit Linda Gassenheimer at, www.DinnerInMinutes.com. Follow her on Twitter @LGassenheimer. Facebook Linda Gassenheimer