

Florida GRAPEFRUIT

Carrie Latt Wiatt, CELEBRITY NUTRITIONIST

Dubbed the “Diet Diva” by Vanity Fair magazine, Carrie Wiatt has developed an individualized approach to healthy eating that has made her popular with Hollywood’s elite. Wiatt’s expertise in the field of nutrition has made her a leading lifestyle educator in her work as an author, consultant, media personality, and chef.

At her Los Angeles food company Diet Designs, Carrie combines fresh, upscale cuisine with low-fat preparation, portion control, and personalized counseling. Her concept was an instant sensation in the close-knit community of stars. After many years of practice, Carrie compiled her proven techniques in her first book, *Eating by Design: The Individualized Food Personality Type Nutrition Plan*, based on twelve different personality types she identified in her practice. Her second successful book, *Portion Savvy*, presents a 30-day plan for controlled eating and successful food management. In addition to her books, Carrie has been a regular food and nutrition columnist for Living Fit magazine.

Wiatt’s ability to bridge the gap between science and food circles has made her a sought-after media expert on healthy living. She was the host of her own television show, “Living Better with Carrie Wiatt,” a syndicated Hearst-Argyle production focusing on all aspects of life such as health, nutrition, cooking and stress reduction. She also co-hosted Lifetime’s “Speaking of Women’s Health,” served as the food and nutrition expert on Time-Warner’s “Your Mind and Body,” and wielded the knives on a series of “Chef du Jour” cooking segments for the TV Food Network. She has co-hosted a special for E! Entertainment Channel and appeared on a number of news programs, including CNN, “The View,” “CBS This Morning,” “Good Morning America,” and “The Today Show.”

In her 20-year career as a nutritionist, Wiatt has consulted for numerous Los Angeles hotels, restaurants and corporations. She works closely with area physicians to develop and implement nutrition plans for patients. Wiatt received her Master’s degree in Nutrition and Food Science from California State University, Northridge.