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By Joan Salge Blake



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Editorial Review

About the Author

Joan Salge Blake (MS, RD, LDN) is a clinical assistant professor and dietetics internship director at Boston University's Sargent College of Health and Rehabilitation Sciences. She is a member of the American Dietetic association and the Massachusetts Dietetic Association (MDA), has been a presenter and presiding officer at both the ADA Annual Meeting and the MDA Annual Convention, and has been named MDA's "Young Dietitian of the Year." She is a recipient of the Whitney Powers Excellence in Teaching Award from Boston University. In addition to teaching and writing, Joan has a private practice specializing in weight management and lifestyle. She is a member of the ABC News Medical Expert Network and a contributor of articles to a variety of magazines.

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