

# Behavioral Health Nutrition

a dietetic practice group of the  
 Academy of Nutrition  
and Dietetics

## **Member Name and Credentials**

Christy Harrison, MPH, RD, CDN

## **Current Position**

Founder, CEO and President, Food Psych Programs, Inc.

## **How long have you been a RDN?**

4.5 years as a registered dietitian nutritionist, 7 total years as a nutritionist

## **How long have you been in the Behavioral Health Nutrition area?**

5.5 years

## **Why did you join BHN?**

I joined BHN to connect with other dietitians in this practice area, and to get additional training and resources to help in my work with disordered-eating clients.

## **How has BHN helped you professionally?**

BHN has helped me gain valuable continuing education in my specialty area of disordered eating and eating disorders, as well as a deeper understanding of the connection between other mental-health conditions and nutrition. It's also connected me with great colleagues working in this area!

## **What do you think other RD's should know about BHN?**

I think other RDs should know that BHN is the Academy's home for disordered eating, eating disorders, and Health At Every Size.<sup>®</sup> If you're a dietitian practicing in these areas—or if you ever see clients with disordered eating in your practice—BHN can benefit you.

## **A little about me**

I'm an anti-diet registered dietitian and certified intuitive eating counselor, and the host of Food Psych® Podcast. I specialize in helping people make peace with food and reclaim the time and energy they lost to diet culture.

I offer online courses and private intuitive eating coaching from an anti-diet, Health at Every Size® perspective, which means I never tell people to deprive themselves or ban certain foods from their lives. Instead, my mission is to help people recognize diet culture for the life thief that it is and tune back into their body's inner wisdom about how to truly nourish themselves—so that they can free up space in their lives for bigger and better things.

In Food Psych, I talk with inspiring people about their relationships with food, roads to body acceptance, and revolutionary ideas about what health really means. Along the way, I share my own journey from disordered eater to anti-diet dietitian and offer resources to help you free yourself from our culture's toxic messages about what we "should" eat and how we "should" look. I launched Food Psych in 2013, and it's now one of iTunes' top 100 health podcasts and the world's leading anti-diet podcast.

In addition to my work as a dietitian and coach, I'm also a journalist with more than 15 years of experience in food and nutrition media. I've written for and edited award-winning books, magazines, and websites, including *Refinery29*, *Gourmet*, *Modernist Cuisine*, *The Food Network*, and many more, and I've appeared as a guest expert or source in numerous media outlets. I speak regularly about the non-diet approach at conferences and events for both professionals and lay audiences. My forthcoming book, *Anti-Diet: Why Obsessing Over What You Eat Is Bad for Your Health*, will be published by Little, Brown Spark in late 2019.

With the few remaining hours in the day, I like to practice yoga, relax on the couch with a good book or TV show, and spend as much time as possible outdoors. I live in Brooklyn, NY with my husband and a cat named Harry Harrison.