



Cindy Kleckner, RDN, LD, FAND

An award-winning registered dietitian nutritionist, culinary expert and author in the Dallas area, Cindy inspires clients to enjoy optimal health and experience more life balance. She is an adjunct professor at Collin College's Institute for Hospitality and Culinary Education and loves teaching the importance of how to combine the science of nutrition with the art of culinary. Through her consulting business, Cindy works with numerous companies and organizations as a health educator, recipe developer, and national speaker at conferences, consumer events and corporate wellness programs. She is well-known for her culinary nutrition programs and for making nutrition come alive using food and culinary skills. Hypertension prevention has been her area of expertise.

She is a distinguished Fellow of the Academy of Nutrition and Dietetics, a former President of the Dallas Academy and a former Media Spokesperson for the Texas Academy. She was the recipient of the 2018 Texas Academy of Nutrition and Dietetics Outstanding Nutrition Education Award. In 2017 Cindy was honored by the Academy of Nutrition and Dietetics Foundation with the Anita Owen Award of Recognition for Innovative Nutrition Education Programs for the Public. Cindy continues to be very active in her profession in many specialty groups, including Food and Culinary Professionals, Nutrition Entrepreneurs, Dietitians in Business and Communications and Sports, Cardiovascular and Wellness Nutrition Dietetic Practice Groups. She is on the Health and Wellness Advisory Council for DairyMAX offering solutions to current and future health challenges. Cindy is a member of the Les Dames d'Escoffier International Service Organization and was inducted into the Dallas Chapter in 2020.

Cindy is co-author and recipe developer for three national publications, the newly released *DASH Diet For Dummies*, 2nd edition 2021, the *DASH Diet For Dummies 2014* and the *Hypertension Cookbook For Dummies 2011*. She also developed recipes for the *Gluten-Free Cooking for Dummies 2nd edition 2013*, *What's Cooking at the Cooper Clinic* and *Cooking in Harmony Dairy MAX Cookbook 2021*. She also contributed nutrition chapters for Dr. Kenneth H. Cooper's, *Overcoming Hypertension*, *Preventing Osteoporosis*, and *The New Aerobics for Women*.

Cindy received a Bachelor of Science degree from the Indiana University of Pennsylvania and completed her dietetic internship at Texas Health Resources (formerly Presbyterian Hospital of Dallas). She began her career as a clinical dietitian at Methodist Hospital of Dallas and quickly found her passion for prevention, wellness and culinary working at the Cooper Aerobics Center in Dallas for many years.

Working individually with clients as a nutrition coach and in groups through her high-energy presentations and culinary programs Cindy loves to educate, inspire and entertain. She uses storytelling to offer the perfect blend of practical ideas and humor. Her interactive classes help translate the science of nutrition into practical solutions for busy people to help motivate positive behavior change. In her role as a sought-after culinary nutritionist, Cindy inspires passion and enthusiasm for nutrition by showing how taste and flavor can easily co-exist with healthful meal preparation. Clients often suggest that when they hear her speak "they feel an emotional connection and undoubtedly leave with an arsenal of valuable and helpful information that inspires you to enhance your personal wellness journey."