

Ann M. Del Tredici,* MS, RD, CDE
Master of Science, Registered Dietitian, Certified Diabetes Educator
Chronic Kidney Disease Dietary Management

Biographical Information

I am a Marin **native** (San Anselmo) and have been a dietitian in private practice in Marin for 30 years. I have counseled thousands of patients for diabetes, pre-diabetes, celiac disease, gastrointestinal problems, weight loss, underweight, impaired kidney function disease, kidney stones, elevated cholesterol, elevated triglycerides, hypertension, and childhood feeding problems. I have seen patients for other nutrition-related problems, including eating disorders and for post-surgical gastrointestinal problems in colon cancer, stomach cancer and esophageal cancer patients and in post-gastric bypass patients. I am a **Certified Diabetes Educator** and see both Type 1 and Type 2 diabetics, LADA diabetics and women with gestational diabetes.

I went to undergraduate and graduate school at the **University of California, Berkeley**, with degrees in Nutrition. I have a **strong science background** and my graduate research work was on the effect of different dietary fibers on bile acid excretion in humans and animals. I determined which co-carcinogens are formed from bile acids in the presence or absence of fiber. This led to my understanding of **cholesterol metabolism**—which I used later in my work counseling patients with high cholesterol.

Prior to the wide-spread use of the statin drugs, I was the in-house dietitian for **Cardiovascular Associates of Marin and San Francisco** for 14 years. I am a past-president of the **American Heart Association**, Marin Chapter and I have authored several publications on nutrition and heart disease and stroke prevention. I have also worked with the **American Cancer Society**, writing diet and cancer information brochures published by the National Cancer Institute. I am a past-president of the **California Dietetic Association**, Bay Area District, a group of 500 dietitians in the San Francisco Bay Area.

I created and taught the "**CardioCuisine™ Cooking Class**" in Marin for 5 years. I have worked as a consultant to Bay Area restaurants, helping them design heart-healthy recipes and menus. I was a co-author of "**Dining Out in Marin**," a guide to low fat eating in Marin restaurants. I have also worked with **Marin schools** to help improve the school lunch program. I taught upper division nutrition courses and nutrition laboratories to nutrition majors for 2 years at San Jose State University. I have served as Preceptor for Dietetics students from the University of California, Berkeley.

Krames Communications/Stay Well, Inc. has now published over a dozen booklets with me as the primary consultant: **You Can Control Your Cholesterol** (over 6 million copies sold, award winning), **Low Fat Eating** (award winning) and **Weight Control** and six brochures on healthful eating including: **Eating Out** and **Healthy Cooking**. I also contributed to **Women and Heart Disease**, **Low Sodium Eating**, **Osteoporosis** and **Eating Well with Diabetes**. The most recent publications I have written include my dietary recommendations in the **On Demand** hospital patient discharge instructions.

I have been a frequent in-studio guest on **KGO Radio** and **KGO News** has used me as a nutrition expert for many news stories on their **Live Line** segments. I have appeared on local and national television (**CNN**) as an expert dietitian. Newspapers and magazines, including the **Marin Independent Journal**, have used me as a media expert on nutrition topics.

I am often told by patients that I explain complicated things in a clear way. My strong understanding of metabolism, and how it relates to medical problems, helps me explain to patients why and how dietary changes will help them with their problems.

* Pronounced: "Del- Tread-itchy"