Ellie Krieger Biography

Well known as the host of Food Network’s hit show “Healthy Appetite,” and now host of the upcoming Public Television cooking series “Ellie’s Real Good Food,” Ellie Krieger is the leading go-to nutritionist in the media today, helping people find the sweet spot where “delicious” and “healthy” meet.

She is a New York Times bestselling, James Beard Foundation and IACP award winning author of five cookbooks. Her most recent is You Have it Made: Delicious, Healthy Do-Ahead Meals (Jan 2016). Ellie a weekly columnist for The Washington Post and she has been a columnist for Fine Cooking, Food Network magazine and USA Today. Ellie speaks regularly at event around the country, appears on national television shows, such as Today, Good Morning America, and Dr. Oz, and has been featured in magazines like Better Homes and Gardens, People, Self, and More, to name a few.

A registered dietitian who earned her bachelors of science in clinical nutrition from Cornell and her master’s in nutrition education from Teacher’s College Columbia University, Ellie has been at the forefront of First Lady Michelle Obama’s “Let’s Move” campaign from the beginning when Mrs. Obama’s team invited her to head up a nutrition education initiative at the “Healthy Kids Fair” on the Whitehouse lawn.