

Sylvia Klinger, DBA, MS, RD, LDN, CPT

Sylvia is an international recognized nutrition expert who is relentlessly passionate about helping people fall in love with the process of creating and enjoying delicious but most importantly, nutritious foods.

A food and nutrition communications professional, award-winning author and global nutrition professor Dr. Sylvia Klinger is founder of Hispanic Food Communications.

It's her Hispanic background that has fueled her passion for nutrition, which has led her to empower and encourage those in her community through the foods they make in their kitchens.

Understanding that everyone's needs are different, Sylvia seeks to individualize nutrition, so that it can be a highly beneficial experience to us all during the unique journey we are here to live.

It has been through the study of nutrition and her experiences growing up in a Hispanic home, that Sylvia has realized the power nutrition has; the power to glue people together, no matter who they are or where they come from.

Sylvia loves learning about food and exploring how food impacts our culture.

Her latest publication, *The Little Book of Simple Eating* was published in 2018 in both English and Spanish.

On her spare time she can be found exploring food and culture all over the world with her family.

