



Erin Green is a Registered Dietitian Nutritionist, former Professional Triathlete, podcast host and an enthusiastic voice in the sports nutrition world.

Erin graduated from the University of Idaho in 2004 with a Bachelor's degree in Sport Science. She quickly realized that the field of physical fitness often overlaps with nutrition and wanted to fill that void. In 2007 she completed her Master's in Dietetics and began her career as a Registered Dietitian Nutritionist in many diverse settings. Over her 13 years as a practicing RDN, Erin has pursued specialties in weight management, sports nutrition, lactation education, motivational interviewing, Intuitive Eating, media relations, and brand representation.

Though she is retired from a 7-year career in professional triathlon, her involvement in sport remains ardent. This year she will compete in four gravel cycling races across the U.S., each spanning from 100-200 miles in length. While these events take exercise to the extreme, Erin has a gift for translating sound, evidence-based practices to any level of athlete. She is currently developing a sports nutrition and body positivity program for high school athletes in order to cultivate healthy eating and joy of movement in the next generation.

Erin currently runs her own private practice, Erin Green Racing and Nutrition, in Boise, Idaho. You can find her at www.eringreenracing.com, or hear her on her podcast, *Middleish*.



Few people can say they actually love their profession. I am fortunate every single day that I get to employ my career skills through my passion for training, competing and celebrating health. One of the biggest things people get wrong about me is that my lifestyle and competitive nature set me apart from everyone else. In reality, we're all competing in some way, we all have goals and we all strive to learn and grow. My passion for sport helps me relate to others and provides me with perspective to approach the big, scary things as well as the little, daily challenges. May you, the school nutrition professional, be inspired and embrace your critical impact on students far and wide! I look forward to sharing my joy of physical movement and hope that my grounded approach to nutrition and health can inspire all of you.