



Tessa Nguyen, MEd, RD, is an internationally acclaimed chef, registered dietitian, and educator. Her talents come to life in the form of deliciously diverse recipes, cultural auditing, bespoke content development, speaking engagements, and various media work. Tessa's areas of expertise include diversity, equity, inclusion & justice within the food and nutrition industries, food and agriculture connections, inclusive culinary nutrition applications, accessible and affordable cooking, and food allergies and intolerances including the low FODMAP diet.

Tessa's multiethnic heritage and lived experience across multiple countries has centered her in providing inclusive services founded on cultural humility. Connect with her on Instagram and TikTok @thetessanguyen.