
About Us

Skinny Myths is one of the most recognized and trusted sources for news regarding diet and weight loss myths and advances in bariatrics.

With about two-thirds of adults in the United States overweight, and almost one-third obese, education efforts in this area is even more important.

The Skinny Myths Advisory Panel includes:

JONI RAMPOLLA RD, LDN

Joni is a Registered, Licensed Dietitian who thrives on promoting healthy behavior changes. She earned her Bachelor of Science degree in nutrition from Penn State University and completed her dietetic internship at the Medical College of Virginia Hospitals. She has taken several continuing education classes at the Culinary Institute of America and she holds the American Dietetic Association's certification in Adult Weight Management. Joni has a diverse and extensive background providing nutrition expertise in hospitals, fitness centers, corporate wellness, nursing homes, and in-home family counseling. She has public speaking experience, including at the Cornelia de Lange National Convention and for the American Heart Association. She is on the Clinical Advisory Board and the World Scientific Advisory Council for the genetic disorder Cornelia de Lange Syndrome. Joni has been interviewed as a nutrition expert on television and radio, and in newspaper articles. Joni joined Medifast in October 2006 and is currently the Director of Nutrition.

TAMMY HUTCHISEN RD, LDN

Tammy is a Registered, Licensed Dietitian and has worked in nutrition, specifically adult weight management, for more than 10 years. Tammy completed her undergraduate degree in dietetics at the University of Connecticut in Storrs, and her dietetic internships at the University of Connecticut Health Center, Hartford Hospital, and the American Heart Association. Tammy also holds a degree in civil engineering from Central Maine Technical College. Tammy is a member of the American Dietetic Association, the Maryland Dietetic Association, and the American Council on Exercise, and holds American Council on Exercise fitness certifications in Advanced Health & Fitness Specialist, Personal Trainer, and Lifestyle & Weight Management. Tammy has been a guest speaker at national conferences and institutions, including the Athletic Business Conference and Central Connecticut State University, and has enjoyed working with and training fitness and weight management personnel in the United States Marine Corps and the United States Secret Service. Tammy's interests include fitness and nutrition and she enjoys working out on a regular basis, riding her bike, and taking long hikes. She also likes music and sings in a band. Tammy joined Medifast in June 2007.

LAURA FORD RD, LDN

Laura is a Registered, Licensed Dietitian and has been practicing dietetics for 7 years. She has extensive experience in clinical, community, and long-term care. She received her Bachelor of Science degree from Morgan State University and completed her dietetic internship through Sodexo-Marriott at the Johns Hopkins Hospital. In 2002, the Maryland Dietetic Association named Laura the Recognized Young Dietitian of the Year and Morgan State University honored Laura with the Distinguished Alumni award from the Department of Family and Consumer Sciences. She holds the American Dietetic Association's certification in Adult Weight Management. Laura's interests include weight loss and management, health promotion, and disease prevention. Laura joined Medifast in January 2007.

JESSICA KIEL RD, LDN

Jessica is a Registered, Licensed Dietitian and a member of the American Dietetic Association. She earned her Bachelor of Science degree in dietetics from Central Michigan University, where she minored in business administration and studied abroad at the American University of Rome to gain greater international and cultural perspective. Jessica completed her nutrition therapy internship at the renowned Cleveland Clinic Foundation, where she focused on weight management, acute inpatient care, and outpatient counseling. With a personal and professional interest vested in long-term health promotion, Jessica holds current certifications in Adult Weight Management, ServSafe safe food handling, and as a personal trainer for the National Academy of Sports Medicine (NASM), among others. In her spare time, Jessica strives to be a healthy role model for others and is an avid traveler, exercise enthusiast, sushi lover, and reading advocate. Jessica joined Medifast in December 2006.

CHRIS COLEMAN RD, LDN, CPT

Chris is a registered, licensed dietitian and has been practicing dietetics for 8 years. He has extensive experience in clinical dietetics including critical care and pediatric nutrition. Chris received his undergraduate degree at the University of Wisconsin Milwaukee and earned a Masters of Science degree in Nutrition from The Pennsylvania State University. He completed his dietetic internship at St. John's Hospital School of Dietetics in Springfield, Illinois. Chris has a personal and professional interest in exercise science and holds a personal trainer certification through the National Academy of Sports Medicine (NASM). Chris' research experience includes work at The Pennsylvania State University and a Postbaccalaureate Intramural Research Training Award at the National Institutes of Health.