BIOGRAPHY

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TAMARA DUKER FREUMAN, RD, CDN,
CONSULTANT, MEDIA SPOKESPERSON AND EXPERT RESOURCE

Tamara Duker Freuman is a Registered Dietitian (RD) and New York State Certified Dietitian-Nutritionist (CDN). She holds a Master's of Science degree in Clinical Nutrition from New York University and completed her clinical training at Mount Sinai Medical Center in New York City. Her Manhattan-based private practice is affiliated with Eric S. Goldstein, MD, a leading internist and gastroenterologist. While Tamara helps clients with a diverse array of health concerns, she specializes in medical nutrition therapy for digestive disorders and is an expert in celiac disease and gluten intolerance. The practice website can be found at www.1015MadisonGI.com.

In addition to her clinical work, Tamara hosts a popular blog devoted to healthy eating and gluten-free living at www.tamaraduker.com. Tamara's blog reflects her philosophy about diet, which is: "By buying healthy, minimally-processed, sustainably-produced foods and using them to cook delicious, homemade meals for ourselves and the people we love, we can truly make the world a healthier place." She is also a gluten free blogger for US NEWS & WORLD REPORT'S health page eat + run.

Tamara's partnership with Redwood Hill Farm®, makers of Grade A goat milk yogurts, kefirs and artisanal cheeses, and Green Valley Organics® Lactose Free line of yogurts, kefirs and sour cream made from low fat, organic, Certified Humane® cow milk, is her first and only such affiliation with a food company. She elected to work with Redwood Hill Farm and Green Valley Organics because she believes that their products reflect her standards for quality, provide clean nutrition, offer nutritional benefits and meet specific dietary needs of an often-ignored segment of Americans.

Before she was a consultant, she was first and foremost a customer. "When it comes to lactose free, Green Valley Organics is my brand of choice, both personally and for my lactose-intolerant patients," says Tamara. "It has plain, no-added sugar, and lower-sugar flavors, is made with organic milk, comes from a single, Certified Humane dairy farm, and doesn't contain unnecessary stabilizers and preservatives." She also recommends goat milk dairy products to patients who have mild lactose intolerance, and to families looking to diversify their dairy intake. "Goat's milk is naturally lower in lactose, but still contains the same high quality protein and bioavailable calcium of cow's milk."

Tamara graduated *summa cum laude* from Duke University and completed a Master's of Science degree from Georgetown University's School of Foreign Service. She lives in New Jersey with her husband, Alex, and their yogurt-loving twin toddlers, Max and Stella.