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Tara Gidus, MS, RD, is a nationally recognized expert and spokesperson on nutrition and fitness. Tara is the team dietitian for the Orlando Magic and a pregnancy

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### **About | the diet diva**

She wrote *Pregnancy Cooking & Nutrition for Dummies* and co-authored *Flat Belly Cookbook for Dummies* (Wiley, 2014). Tara 2015 *The Diet Diva* - Tara Gidus

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Tara Gidus is a nationally Tara is currently the Team Dietitian for the Orlando Magic NBA team and Nutrition

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AUTHOR TARA GIDUS Flat Belly Cookbook for Dummies, (2013) is Tara's current title with She is also the author of Pregnancy Cooking & Nutrition for Dummies

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Tara Gidus is the author of Pregnancy Cooking and Nutrition for Dummies (3.67 avg rating, 3 ratings, 1 review, published 2011), Pregnancy Cooking and Nut

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