

## Jennifer Huget



Jennifer LaRue Huget is a freelance writer specializing in health journalism. She wrote for *The Washington Post* health and science section for 13 years, during which time she launched the “Eat, Drink and Be Healthy” nutrition column and the daily consumer-health blog “The Checkup.”

Huget wrote the popular “Me Minus 10” series of columns documenting her own effort to lose 10 pounds before she turned 50. (She lost those 10 pounds and then some, but confesses she has since put a few back on.) She also produced a series of columns exploring various aspects of the federal government’s newly revised Dietary Guidelines for Americans, 2010.

For “The Checkup” blog, Huget created the weekly “Is That Right?” nutrition-facts feature, which took a close, skeptical look at products’ nutrition claims and teased out the real meaning of information presented on nutrition-facts panels.

Huget writes a weekly blog entry for the National Multiple Sclerosis Society. In addition to writing about health, Huget has published four children’s picture books with Random House/Schwartz & Wade. She is the editor of *Connecticut Explored*, a quarterly magazine dedicated to that state’s history. A big fan of yoga, Huget teaches at a small studio near her home in Connecticut, where she lives with her husband, two teenage children, two brown dogs, and a parrot.