

Lead Instructor Biography:

Dr. Rob Post is the Senior Director of the Chobani Nutrition Center, at CHOBANI, the leader in Greek Yogurt. He drives nutrition strategies around the brand's current and future offerings, and navigates critical nutrition issues, such as dietary guidance, marketing, health promotion, and food labeling. He leads the nutrition and related regulatory programming at the Center, which assesses research to support innovation.

Dr. Post previously served as key nutrition advisor to the Obama White House/First Lady's Office and collaborator on the White House public health initiatives and the Let's Move! program. As an appointed Senior Executive, he led the nation's dietary advice agency as the director of USDA's Center for Nutrition Policy and Promotion where he established national nutrition policy and dietary guidance; the Dietary Guidelines for Americans; created USDA's Nutrition Evidence Library; as well as directed Federal nutrition promotion, creating the MyPlate (ChooseMyPlate.gov) initiative and the related award-winning SuperTracker.gov. Prior to this, he headed the policy office at USDA that established food labeling, food standards, and ingredients regulations and policies. He currently serves as an appointed advisor to the Foundation for Food and Agriculture Research; on American Society for Nutrition research advisory groups; on the Society for Nutrition Education and Behavior Board of Trustees; and on the Board of Directors for the International Food Information Council. For 20 years, he has been the instructor of the Institute of Food Technologists short course on Food Labeling, as well as the prior Food Laws and Regulations short course. From 2004 until 2012, Dr. Post was an adjunct professor in the Nutrition and Food Science Department at the University of Maryland.

Rob has been a member of IFT since 1977.