Hui Miao

**A Brief Bio**

Hui Miao is a registered, licensed dietitian/nutritionist who has been specializing in helping adults with special needs and elderly to improve their health. She currently provides nutrition services for the SLS (Supports for Community Living) Waiver program, and for residents living in various skilled nursing facilities. She is cofounder of Conscious Eat, a nutrition studio that translates nutrition knowledge into healthy lifestyle. She is the writer and photographer on the section that shares practical recipes to modern moms and fun ideas on how to get young children to help out in the family kitchen. Her mission is to raise people’s consciousness when making food related decisions, and equip them with up-to-date scientific knowledge to make informed decisions.  Hui Miao is a mother of twin boys, and lives in Lexington, KY. She enjoys hiking, playing piano, and horseback riding in her spare time.

**Previous Experience with BGAND leadership roles** : N/A

**Why you would like to be in a leadership role** : I benefited and continue to benefit from tthe services of BGAND for the past couple of years and would love to contribute back to the community.