

**Vani Hari** is a food activist and the creator of FoodBabe.com. In her work, Hari has influenced how food giants like Kraft, Subway, Chipotle, Chick-fil-A, and Starbucks create their products, steering them toward more healthful policies. For most of her life, Vani Hari ate whatever she wanted -- candy, soda, fast food, processed food - until her typical American diet landed her where that diet typically does, in a hospital. It was then that Hari decided to make health her number one priority. Her newfound goal drove her to investigate what is really in our food, how it is grown, and what chemicals are used in its production. The more she learned, and the more lessons she put into action, the better she felt. Eager to share the truth about harmful ingredients as well as the secrets of her healthy lifestyle with friends and family, in 2011 Hari started a blog, FoodBabe.com, which quickly earned her millions of readers and a devoted following of fellow food crusaders. In just the last three years, FoodBabe.com has become a powerful vehicle for change. Through corporate activism, petitions and social media campaigns, Hari and her "Food Babe Army" have succeeded in influencing several giant food companies to be more transparent and to remove harmful ingredients from their products. Vani has been profiled in the New York Times, Business Week, USA Today and Chicago Tribune, appeared on Good Morning America, The Doctors Show, The Dr. Oz Show, NBC News, ABC News, Fox News and CNN.

**Websites:** [foodbabe.com](http://foodbabe.com) & [thefoodbabeway.com](http://thefoodbabeway.com)