

Tara A. Mardigan Class of 1991, Columbia High School

Tara Mardigan has dedicated herself professionally to the fields of nutrition and healthy living. After graduating from Columbia High School in 1991, Tara attended the University of New Hampshire, where she received her Bachelor of Science degree in Nutrition. Tara then completed her dietetic internship at Yale-New Haven Hospital and was certified as a Registered Dietitian. After working for a few years in the field, Tara continued her education at Tufts University where she received a Masters of Public Health and a Masters of Science in Nutrition Communication. During her time in graduate school, she served as a nutrition communication specialist at the Chicago-based public relations firm, Burson-Marsteller. Tara also worked as a nutrition consultant for the American Dietetic Association at that time.

Tara began her career at Massachusetts General Hospital as an inpatient dietitian where she gained experience in various clinical areas and mentored dietetic interns. Concurrently, she began teaching at Tufts University School of Medicine as a Small Group Instructor for the first year medical students' Nutrition and Medicine Class.

Tara began working at Dana-Farber Cancer Institute/Brigham & Women's Hospital in 2002. Her work involved the creation

of individualized nutrition plans and interactive workshops for cancer patients and their families. She also created a successful weight loss program titled “Healthy Weight for Good” for employees of Brigham & Women’s Hospital.

In 2004, Tara identified a need and boldly created a position as the team nutritionist with the Boston Red Sox. She dropped her work to part-time at Dana-Farber Cancer Institute to accommodate this role. She still holds this position today where she serves as the nutrition resource for the entire Red Sox organization, including the major league team and the various minor league affiliates. She is often credited with changing the culture in the Boston baseball clubhouse. Healthy players win championships.

Tara has had several consulting roles. She has consulted part-time as nutritionist for Harvard University. In this position, she customized nutrition plans for student athletes and conducted breakfast and dinner seminars with Harvard sports teams and coaches. She also consulted with InsideTracker.com, a web-based nutrition program based on blood biomarkers. Currently, she’s helping professional athletes with the development of a healthy fast food restaurant concept.

In addition to her role with the Red Sox, Tara is currently the

Nutritionist for the Low Cardiovascular Center in Brookline, Massachusetts. She creates nutrition plans for clients with a wide variety of health conditions including obesity, cardiac disease, diabetes, cancer, Sjögren's syndrome, and eating disorders. A large focus of her private practice is dedicated to helping her clients stay healthy and well. Her emphasis is on prevention and the very simple notion that real food & good conversation is often the best nourishment.

Tara is a member of the medical advisory board the Sjögren's Syndrome Foundation. She is a published author of many health and nutrition related articles. In addition, she has made countless presentations on health issues ranging from "The Art of Defensive Eating" to "Fighting Cancer with your Fork" to "Fueling for the Boston Marathon".

Tara is currently working on a cookbook for athletes. She stays active as a dedicated member of Boston's November Project free fitness community. She bikes around to city using Hubway, the city bike-share system and balances her busy schedule with a regular yoga practice.

Tara created her own personal website, www.theplatecoach.com, and is an active social media user (Twitter and Instagram) where she provides nutritional tips, recipes, photos and advice.

In the words of Steven Taylor, Columbia Alumni Hall of Fame Inductee of 2007, “Tara continues to give back to her fellow citizens of Boston by volunteering for a community service project called “Future Chefs” where Boston-area urban youth connect through improved nutrition while they explore the culinary field. This is just another example of Tara putting others before herself.”

The East Greenbush Education Foundation is pleased to induct Ms. Tara A. Mardigan to the Columbia High School Hall of Fame, for her outstanding professional achievements and volunteer services in the fields of nutrition and health.