



Andrea Massop-Ramos, MCN Clinical Nutrition and Private Health Chef Founder and CEO of Healthy FRIENDZ Nutrition LLC

Andrea Massop-Ramos is an award-winning Clinical Nutritionist, Private Health Chef servicing the Long Island, New York area and 2019 YGB Strategic Vision Award recipient in Health and Nutrition for her work in the community. She earned her Bachelors of Science in Biology from Syracuse University, and her Master's Degree in Clinical Nutrition for New York Institute of Technology, Old Westbury.

As the founder of Healthy FRIENDZ Nutrition, LLC, Andrea educates and creates nutrient rich dishes based on your ethnicity, cultural heritage and busy lifestyle.

The Mission of Healthy FRIENDZ Nutrition is to improve the quality of life of families, with a holistic approach, by using fresh foods.

We bring a fun, interactive experience in nutrition to you by way of workshops, presentations, and private chef services. **The goal is to “learn how to eat, learn how to live.”** Healthy FRIENDZ builds confidence and self-esteem by changing the way we think about healthy foods and incorporating them into a diet.

Andrea is currently on the Board of Directors of Nutrition Entrepreneur of the Academy of Nutrition and Dietetics, and the National Coalition of 100 Black Women, the Long Island Chapter, as well as their Health Committee Chair. Andrea is also on the advisory committee of Bear Bytes, Grizzly Cupboard, a food pantry for the students of her alma mater, NYIT. Andrea believes there should be no food waste, and all people should have equal access to healthy food.

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