

Bob Skilnik is a Chicagoland freelance writer who has written for the *Chicago Tribune* on the subjects of beer and brewery history. He is a 1991 graduate of the Chicago-based [Siebel Institute of Technology](#), the oldest brewing school in the United States, with a degree in Brewing Technology.

Skilnik recently appeared on the award-winning ABC morning program *The View*, with Barbara Walters, the *Cold Pizza* morning show on ESPN2 and Fox News Channel's *Fox News Live* while promoting [\*The Low-Carb Bartender: Carb Counts for Beer, Wine, Mixed Drinks, and More\*](#) and his earlier book on low-carbohydrate dieting and drinking, [\*The Drink Beer, Get Thin Diet: A Low-Carbohydrate Approach\*](#).

This unique reference book of hundreds of beers, wines, liquors, and liqueurs with their carbohydrate counts, plus a collection of over two hundred low-carb mixed-drink recipes, is now available in nationwide bookstores and Internet sites. His first book, [\*The History of Beer and Brewing in Chicago, 1833-1978\*](#) was published in 1999. The book was awarded the Quill & Tankard Award by the North American Beer Writers Guild (NABWG) as “Best Beer Book” of 1999.

Skilnik is represented by Lisa Ekus of Lisa Ekus Public Relations Company, LLC. Ekus has represented numerous food and drink personalities including Emiril Lagasse, Debbie Fields, and Miss Piggy. Product endorsements and placements can be arranged by contacting Ms. Ekus at <http://www.lisaekus.com>