

OC Public Libraries Presents

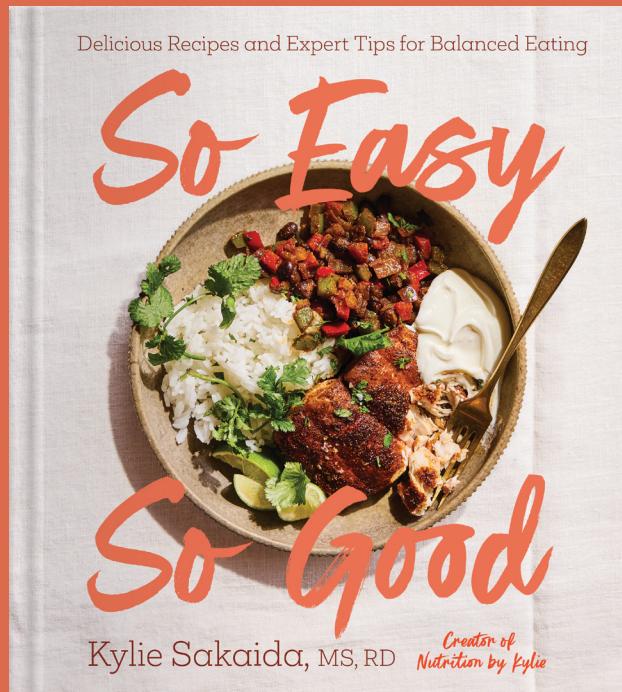
# Kylie Sakaida

**Monday, January 26, 2026 at 6 PM**

Cypress Library

5331 Orange Avenue, Cypress, CA 90630

Complimentary books available, while supplies last. Early arrival suggested. No registration required, all ages welcome.



Kylie Sakaida is a registered dietitian, content creator, and *New York Times* Bestselling Author. Her popular TikTok @nutritionbykylie features tips, tricks, and general health and wellness information mixed with her favorite recipes, day-in-the-life vlogs, personal journey, and more. Kylie was born and raised in Honolulu, graduated with a Bachelor's and Master's in nutrition science from Boston University, and now lives in Los Angeles. She strongly believes that nutrition and health tips should be easy, realistic, and fun—and she strives to help others optimize their health, rebuild their relationship with food, and learn how to nourish their bodies. Her debut cookbook, *So Easy So Good*, was released in April 2025 via Simon Element (an imprint of Simon & Schuster) and debuted at #2 on the *New York Times* Bestsellers List.

For more information, call **714-826-0350** or email [ocpl.cypress@occr.ocgov.com](mailto:ocpl.cypress@occr.ocgov.com)

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