

WHITNEY STUART RDN

REGISTERED DIETITIAN NUTRITIONIST



360 840 5880

WHITNESSNUTRITION.CO

WHITNEY@WHITNESSNUTRITION.COM

- Holistic dietitian-nutritionist, diabetic educator and believer of hope through whole foods.
- Master's degree in Clinical Nutrition, board-certified as a dietitian, Bachelor's degree in Medical Studies and Exercise Physiology.
- Private practice dietitian, co-founder of Whole30 Dallas Duo, award-winning Whole30 Certified coach.
- Celiac
- HIIT fitness instructor at top Dallas studio, Zyn22

EVIDENCE-BASED & AUTHENTIC

I provide an authentic representation of a nutritionally sound lifestyle. I promote easy actions that enrich health and support my followers as they pursue improvement in their own health journey! I believe knowledge is power! I know a healthful community, engaging support, and adequate knowledge can rapidly induce positive change. My practice focuses on simplifying and improving the standard Western medication prescription.

I serve as a first-line new foodie for many followers and patients who look to me for **what would Whitney order? WWWO** I provide candid feedback through multiple social media platforms and remain true to my knowledge, my practices, mission and my followers. I have a, real food first, approach. I reach thousands of readers every month through a wide variety of media channels and through my nutrition newsletter "Food, Fact & Faith" I have served as a spokesperson for Whole30 and as a consultant to numerous restaurants and major food brands. Not only have I written evidence-based editorial content for major players in the food industry, but I've created recipes content, allergen modified menus for universities and restaurants and led several corporate lunch & learn series

LET'S COLLABORATE

Whitney can provide a dietitian's professional representation of a product or brand.

- ARTICLE REQUESTS
- NEWSLETTER POST
- ORGANIC PRODUCT EXPOSURE
- LIVE LECTURE
- MULTIPLE POST CAMPAIGNS WITH ORGANIC PRODUCT USAGE
- BRAND SPONSORSHIP
- AMBASSADOR PROGRAM
- INSTAGRAM CAMPAIGN
- FREELANCE RECIPE & MENU DEVELOPMENT
- E-BOOKS & GIVEAWAYS



DEMOGRAPHIC

HOLISTIC, FIT & FEMALE.

91% WOMEN AGES 25-44

4134 FOLLOWERS

84K WEEKLY IMPRESSIONS.



LET'S WORK TOGETHER!
WHITNEY@WHITNESSNUTRITION.COM

PRESS & MEDIA

WHITNESS NUTRITION LLC

Whitney has worked with the following partners, providing editorial content, public speaking series, curated menus, recipe development, coaching events, Instagram takeovers, & giveaways

Editorial Content:

Vital Proteins Collagen Crew - nine articles

KCEN NBC- Whole30 101

NBC- Video Collagen Truths

Business Insider; Why Diets Fail

Business Insider; Restaurant Tips

Business Insider; Whole Food Diet

Business Insider; Everyday Weight Loss tips

Business Insider; Common Unhealthy eating mistakes

Zoe's Kitchen Blog Article - Whole30 Tips

Zupa Noma article - Soup is the new green juice

Zupa Noma self-care checklist

Pederson's Natural Farms meal prep video

Georgia Grinder Article - What's in your nut butter?

Chameleon Cold brew article

The New Primal article

Snap Kitchen - Feel Good February

Safe Catch Foods- 5 reasons dietitians love tuna

Medlie Veggies

The Good Kitchen- video

Recipe Development:

Georgia Grinders

Pederson's Farms

Zupa Noma

MALK Organics

The New Primal

Tessemae's

Cece's Veggie Noodle Company

Primal Kitchen Foods



360 840 5880

WHITNESSNUTRITION.COM

WHITNEY@WHITNESSNUTRITION.COM