



Brittany Poulson

Registered Dietitian Nutritionist
Diabetes Care & Education Specialist

11.5K+	39.9K	30.9K	6.5K+
SOCIAL COMMUNITY	PINTEREST IMPRESSIONS	INSTAGRAM VIEWS	WEBSITE VIEWS

Recent 30-day performance

AREAS OF EXPERTISE

- ✓ 15+ years in nutrition
- ✓ Cookbook author
- ✓ Nutrition writer & media dietitian
- ✓ Blood sugar management & diabetes prevention
- ✓ Women's wellness
- ✓ Gut health
- ✓ Practical healthy eating for families
- ✓ Balanced meals & simple nutrition strategies
- ✓ Recipe development & culinary nutrition
- ✓ Grocery shopping & meal planning

Brittany Poulson is a registered dietitian nutritionist and certified diabetes care and education specialist who creates approachable, evidence-based nutrition content for women and families. With a focus on blood sugar balance, insulin resistance and practical everyday nutrition, she partners with food, health and wellness brands to translate nutrition science into credible, relatable content consumers can actually use.

QUOTED IN

EatingWell SELF myfitnesspal THE VITAMIN SHOPPE verywell

PS SHAPE yahoo! MENS FITNESS Prevention

U.S. News & WORLD REPORT



BRAND COLLABORATION OPPORTUNITIES

- SPONSORED SOCIAL CONTENT
- RECIPE DEVELOPMENT
- FOOD PHOTOGRAPHY
- SHORT-FORM VIDEO
- NUTRITION WRITING & EDITORIAL CONTENT
- PRODUCT EDUCATION
- SPEAKING ENGAGEMENTS & WEBINARS
- BRAND SPOKESPERSON & EVENT REPRESENTATION
- MEDIA INTERVIEWS



AUDIENCE

- 89.6% WOMEN
- 80.6% U.S.-BASED
- 65.5% AGES 35-54

Primarily women interested in practical nutrition, blood sugar balance, healthy eating and realistic wellness strategies for everyday life.

Evidence-based nutrition, made practical for real life.



Let's create something
impactful together.

Get in Touch!

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