

Brittany Poulson

Registered Dietitian Nutritionist
Media Nutrition Expert
CDCES

15+	2	NATIONAL
YEARS IN NUTRITION	PUBLISHED COOKBOOKS	MEDIA EXPERIENCE

AREAS OF EXPERTISE

- ✓ Blood sugar management & diabetes prevention
- ✓ Women's health and wellness
- ✓ Family nutrition
- ✓ Balanced meals & simple nutrition strategies
- ✓ Recipe development & culinary nutrition

Brittany Poulson, MDA, RDN, CDCES, is a registered dietitian nutritionist, diabetes educator, cookbook author, and media nutrition expert with more than 15 years of experience. Her nutrition writing and expertise have been featured in national health publications, including Verywell Health and EatingWell. She partners with food, health, and wellness brands to translate nutrition science into engaging, evidence-based content, spokesperson campaigns, and practical consumer education.

FEATURED IN

EatingWell SELF myfitnesspal THE VITAMIN SHOPPE verywell
PS SHAPE yahoo! MEN'S FITNESS Prevention U.S.News & WORLD REPORT food network

LET'S COLLABORATE

Partner with a credentialed nutrition expert to bring trusted, practical nutrition to your audience.



BRAND SPOKESPERSON & EXPERT PARTNERSHIPS

- Brand campaigns
- Media interviews
- Consumer events
- Expert-led videos
- Product education

NUTRITION CONTENT & MEDIA

- Nutrition writing
- Expert commentary
- Educational videos
- Recipe development
- Brand-owned content

SPEAKING & EDUCATION

- Webinars
- Professional presentations
- Cooking demonstrations
- Consumer workshops

SELECTED EXPERIENCE

- **National Nutrition Media:** Nutrition writing, expert commentary, and content review for national publications.
- **Brand Event Representation:** Represented Quaker at a Walmart Wellness Day, delivering consumer nutrition education.
- **Brand Content Creation:** Sponsored content, recipes, and evidence-based nutrition education.
- **Professional Speaking:** Presented at a Utah dietetics conference and Utah physician assistant conference.

AUDIENCE SNAPSHOT

- 84% WOMEN
- 65% U.S.-BASED
- 65% AGES 35-54

11.5K+	30K+
SOCIAL COMMUNITY	PINTEREST IMPRESSIONS
24K+	**3.4K**
PINTEREST AUDIENCE	WEBSITE PAGE VIEWS

30-day audience metrics updated November 2026

Evidence-based nutrition, made practical for real life.

Get in Touch!

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