



Sound *Science*. Smart *Nutrition*. Good *Food*.®



Melissa Joy Dobbins MS, RDN, CDCES  
The Guilt-Free RD

## Influencing **SMART NUTRITION** online, on air, and on stage



**MEDIA TRAINER**

With extensive media experience as a spokesperson for the food, grocery and healthcare industries, I specialize in training other health professionals on media skills including on-camera, interview and messaging skills, to help them create and deliver meaningful messages that engage and empower audiences.



**BRAND AMBASSADOR**



**MEDIA SPOKESPERSON**



**PODCASTER**

I'm the host of the Sound Bites Podcast where I interview leading experts in the food and nutrition space and delve into the science, psychology and strategies behind good food and nutrition.

*A Top 20 Nutrition Podcast on Apple Podcasts*

*Excited to make a difference with these great partners!*



eat right. Academy of Nutrition and Dietetics

**NAMED ONE OF "10 DIETITIANS YOU NEED TO FOLLOW ON SOCIAL MEDIA"**

BY U.S. NEWS & WORLD REPORT



11,700



3,300



3,700



3,400



**22,000+**  
DOWNLOADS/MONTH

RD 28 YEARS | CDCES 24 YEARS  
FORMER SUPERMARKET RD

**SoundBitesRD.com**

Contact me today!  
Melissa@SoundBitesRD.com

Melissa Joy Dobbins MS, RDN, CDE | The Guilt-Free RD

*"Because food shouldn't make you feel bad!"*

My goal is to help people digest food and nutrition information so they can make their own, well-informed decisions based on facts, not fear – and most of all, enjoy their food with health in mind.



**COMMUNICATING THE SCIENCE OF NUTRITION AND THE ART OF GOOD FOOD...**

Health professionals face many challenges when trying to distill science into soundbites. My Sound Science Toolkit provides tips and resources to communicate evidence-based information, help people separate science fiction from science fact, and come away with meaningful steps toward better health.



My 'Do M.O.R.E. with Dinner' initiative provides a platform for delving into the daily dilemma of dinnertime and providing insight and inspiration for M.O.R.E.: "making ordinary rituals extraordinary".



**SPEAKER**

With more than 20 years of professional speaking experience, I've presented at state, national and international conferences. I've shared the stage with Dr. David Katz and other esteemed colleagues, and consistently receive outstanding speaker evaluations.



**COMMUNICATIONS PROJECTS**

If you agree with my Guilt-Free RD® approach, I'm available for consultation on a variety of communications projects including creative strategy, media, social media, presentations, writing and more.



**SUPERMARKET STRATEGIES**

As a former supermarket RD, I have a unique understanding of the wide range of responsibilities retail dietitians have in their various roles, as well as the challenges and opportunities the grocery store setting brings.



**INDUSTRY INSIGHTS**

- |                    |                                  |
|--------------------|----------------------------------|
| <b>FARM TOURS</b>  | <b>INTERNATIONAL CONFERENCES</b> |
| California Almonds | Amsterdam                        |
| Canada Lentils     | Copenhagen                       |
| Canned Tomatoes    | London                           |
| Canned Peaches     | Madrid                           |
| Canola Camp        | Norway                           |
| Dairy              | Peru                             |
| Rice               | Portugal                         |
| Beef, Pork,        | Prague                           |
| Poultry, Seafood   | Vancouver                        |
| and more!          | Vienna                           |

"Leadership and learning are indispensable to each other."

JOHN F. KENNEDY

**LET'S CONNECT!**

**NEED AN INFLUENTIAL VOICE OF REASON?**

I share an expert perspective to help address food fears and translate science-based food knowledge.

**LET ME HELP YOU AMPLIFY YOUR MESSAGE!**

**NEED A SPEAKER / TRAINER?**

I know that being an effective communicator is more than educating your audience, it's also engaging and empowering them.

**LET ME SUPPORT YOUR GROUP OR BUSINESS!**

Watch my  
MEDIA REEL

PLAY

Read my  
TESTIMONIALS

LINK TO

**SoundBitesRD.com**

Contact me today!  
**Melissa@SoundBitesRD.com**

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