

Sound Bites – A Nutrition Podcast

hosted by the Guilt-Free RD - Melissa Joy Dobbins, MS, RDN, CDCES



Informed nutrition decisions based on facts, not fear.

On the Sound Bites® Podcast, Melissa interviews a variety of experts including researchers, academics, authors and dietitians, and delves into the science, psychology and strategies behind good food and nutrition. Topics vary from fad diets to farming, and listeners gain credible information to help them make their own, well-informed nutrition decisions and enjoy their food with health in mind.

Melissa Joy Dobbins MS, RDN, CDCES

Registered Dietitian Nutritionist and Certified Diabetes Care and Education Specialist

FOOD PHILOSOPHY:

Melissa is the Guilt-Free RD – “Because food shouldn’t make you feel bad!” People are hungrier than ever for practical solutions that empower them to make healthier choices, while still allowing them to enjoy their food. No one wants to feel guilty, especially when it comes to what they’re eating! Whether to buy organic or conventional, what to make for dinner, which snack to grab or if dessert is okay....Melissa helps people separate science fiction from science fact and come away with meaningful steps toward better nutrition and health.



The Sound Bites® Podcast is one of the longest-running and most successful dietitian-hosted podcasts. It launched in 2015 and has since been named:

"New & Noteworthy"
by APPLE PODCASTS

"A Top 20 Nutrition Podcast"
on APPLE PODCASTS

"One of 10 nutrition podcasts to add to your playlist"
by US NEWS & WORLD REPORT

"One of 11 health and fitness podcasts for all the motivation you need"
by COSMOPOLITAN MAGAZINE

"One of 8 podcasts worth listening to"
by DIABETES FORECAST MAGAZINE

"One of the best RD-run podcasts"
by TODAY'S DIETITIAN

"One of 22 podcasts catalyzing the food movement"
by FOOD TANK

Digital Reach & Influence

	Podcast downloads/month.....	22,000+
	Twitter.....	11,700+
	Facebook.....	3,300+
	Instagram.....	3,700+
	LinkedIn.....	3,400+
	Pinterest.....	900+
	YouTube.....	800+

* As of September 2023

WHO is the audience?

Melissa speaks to a diverse audience ranging from the general public to the health-conscious to those who have medical conditions requiring special diets. She is also recognized as a valued expert among her peers, educating other health professionals who in turn reach their own varied clients and audiences. Select episodes are available for free continuing education units for dietitians, diet technicians and diabetes educators.

**Join the conversation
changing the way people
think about food**

Interested in Sponsorship?

Melissa curates topics and guests that offer a distinctive opportunity to explore the science, psychology and strategies behind good food and nutrition. The show provides a platform for guests to share their unique knowledge and expertise, and to enlighten listeners with evidence-based information, consumer insights and meaningful solutions for enjoying food with health in mind.

Melissa only works with credible, credentialed guests and covers topics rooted in sound science. She only works with sponsors who align with her brand and values. Benefits of sponsorship include perks such as detailed analytics, priority timing of release, guest suggestion/ approval, and more. Contact Melissa to discuss your ideas and specific needs.

Contact Melissa:

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