



# Krystal Dunham

**Registered Dietitian Nutritionist | Media Spokesperson**  
**Weight-Inclusive Health & Nutrition**  
2023 Rising Leader Award Recipient  
2022 Recognized Young Dietitian of the Year

5.6K



1.2K



147



102

Email Subscribers



## ABOUT ME

I'm a national award-winning dietitian and nutrition expert based in Tulsa, Oklahoma. I operate a virtual private practice and regularly contribute to media outlets. With a minor in communication arts, my nutrition expertise has been featured in Well + Good, Men's Health, Verywell Health, and MSN.

As an Anti-Diet, Weight-Inclusive Dietitian, I provide a space for individuals to break free from dieting and embrace a gentle approach to nutrition that fosters health and body image recovery. My goal is to make nutrition accessible by using my expertise to focus on small sustainable changes that ultimately make the biggest difference for my clients and those in my community.

I use social media to create content and food photography for brands partners with key nutrition messages to increase credibility and increase audience reach.

## PHILOSOPHY

Food is meant to nourish your body and your soul!

## AUDIENCE

Demographics

- 93.1% women, 6.9% men (35-44)
- 39% 25-34 years old
- Top cities include Oklahoma City, New York, Fort Worth, Chicago, and Tulsa, OK

## FEATURED IN:



msn

verywell



Men'sHealth

WELL + GOOD

## PAST BRAND WORK:



## CONTACT

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# Service Offerings

## NUTRITION SPOKESPERSON

Live TV Appearances

Brand Spokesperson

Satellite Media Tours & Events

Cooking Demos

Webinar Presentations

Quotes & Tips for Media

Health Expos & Trade Shows

Print/Online Media Mentions

## CONTENT CREATION

Food Photography

Recipe Development

Recipe Blog Posts

Nutrition Toolkit Creation

E-book Creation & Curation

UGC

## SOCIAL MEDIA & MORE

Instagram & Facebook Post Creation

Instagram Lives & Takeovers

Sponsored E-newsletters

Giveaways & Contests

Podcast Guest

