



Krystal Dunham

REGISTERED DIETITIAN NUTRITIONIST
| MEDIA SPOKESPERSON | WEIGHT-
INCLUSIVE HEALTH & NUTRITION

www.themotherroaddietitian.com

Krystal Dunham, MS, RDN, LD

ANTI- DIET REGISTERED DIETITIAN NUTRITIONIST



Krystal is a national award-winning dietitian and nutrition expert based in Tulsa, Oklahoma. She is the owner of The Mother Road Dietitian, a virtual private practice where she supports Black and Brown folks living with diabetes, disordered eating, and eating disorders without sacrificing cultural foods and traditions. Her work is centered around weight-inclusive approaches using gentle nutrition to help folks nourish their body and soul. Krystal is the 2024-2025 President of the Oklahoma Academy of Nutrition and Dietetics and has served in a variety of other leadership roles. Krystal holds a Master of Science in Nutrition and Food Science and a Bachelor of Business Administration in Marketing.

Signature Presentations

- ✓ The Collard Greens Can Stay: Nutrition & Health in the Black Community
- ✓ Intuitive Eating 101: What it is and What it isn't
- ✓ How to Incorporate Weight Inclusive Practices
- ✓ Understanding and Unpacking Processed Foods
- ✓ Differences that Make a Difference in Nutrition and Dietetics
- ✓ Services Marketing 101 for RDs in Entrepreneurial Space

Who I've Worked With

Oklahoma Beef Council
Dinner is Served [🔗](#)

American Heart Association
Ideas for keeping Thanksgiving healthy – and happy [🔗](#)

North Carolina Sweet Potato Commission
Recipe Blog & Food Photography [🔗](#)

KOKH Fox 25 Oklahoma City
Tasty Tuesday- Smashed Pea Toast [🔗](#)

Well + Good
Debunking Binge Eating Disorder With a Dietitian [🔗](#)

Men's Health
What to Do When a Hunger Pang Strikes [🔗](#)



@themotherroddietitian



krystal@themotherroddietitian.com



Tulsa, Oklahoma

Hey, there! I'm Krystal

I help folks find health using compassion, evidence-based practices, and cultural humility.

AS SEEN IN



WHO FOLLOWS KRYSTAL?

6.2 K

Total Followers &
Email Subscribers

90.9%

Women

25 - 35

46% of Followers Ages

What else about her followers? They are iPhone users, drink Starbucks, eat at Chipotle, and shop on Amazon and at Target.



Service Offerings

Subject Expert Speaker
Cooking Demos
Webinar Presentations
Quotes & Tips for Media
Recipe Development
Food Photography
Instagram & Facebook Post Creation

Let's Connect & Collab



@themotherroaddietitian



krystal@themotherroaddietitian.com



Tulsa, Oklahoma