

Danielle

THE RDN

HELPING YOU SEE NUTRITION DIFFERENTLY

DANIELLE SANDERS, MPH, RDN, LD, CHES **A.K.A. DANIELLE THE RDN**

A registered dietitian nutritionist, culinary nutrition expert and food and culture educator helping you see nutrition differently and infuse more flavor and fun into the kitchen.

DANIELLETHERDN.COM





Danielle is a Houston-based Registered Dietitian Nutritionist, Food Enthusiast, and Culinary Nutrition Expert with a wealth of experience working as a nutrition professional. She loves partnering with brands and media to provide tips for others to develop a healthy and positive relationship with food that aligns with their lifestyle, taste preferences and culture.

Danielle's approach to nutrition is rooted in empathy and empowerment, preserving traditional foodways, and the belief that enjoyable eating is essential for sustainable health outcomes. She is steadfast in her commitment to challenging conventional nutrition narratives and finds ways to ADD nutrition without sacrificing flavor, ultimately helping others to "see nutrition differently."

As a leader in the culinary nutrition space, she fosters engaging and informative environments (both virtually and in person).

Danielle's mantra in the kitchen is "Delicious food you can relate to that also happens to be good for you."

When she's not whipping up something delicious in the kitchen, you'll catch Danielle perfecting her swing on the golf course, rocking out at a spin class, or soaking up some live poetry or music. And of course, she can't resist diving into Houston's vibrant food and wine scene for some tasty adventures!

AS SEEN + HEARD IN



brand expertise

Danielle is a media-trained dietitian who has participated in various television, audio/podcast, print, and online media interviews.

With her background in education, public health, and nutrition, she is sought after for her perspective and knowledge on nutrition, culinary nutrition, health, fitness, cultural inclusivity, and wellness.

Many dietitians excel at informing, but few consider the value of delighting their audiences. This is what distinguishes Danielle from others. She masterfully marries the two techniques together, skillfully informing and delighting her audiences using what she refers to as the art of effective nutrition communication.

Danielle's approach to nutrition education and communication emphasizes simplicity, clarity, and leans on the power of visual communication.

DANIELLE SANDERS, MPH, RDN, LD, CHES

FEATURED TOPICS + PRESENTATIONS



**Helping you See Nutrition Differently
(Nutrition on a Spectrum)**

**Food Insecurity, Food Apartheid and
Food is Medicine**

**Cultural Considerations and Inclusivity in
Culinary Medicine and Teaching Kitchens**

Preserving the Integrity of Cultural Foods

The Case for Culturally Inclusive Foods

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MY MISSION

Bridging Nutrition Gaps & Empowering
Inclusive Choices Helping you see
nutrition *differently*

I provide credible nutrition information
and fresh insights in digestible formats
to help others embrace these core
beliefs about nutrition. Simply put,

FOOD

....should be fun

....is medicine

....has a story to tell

....is communal

....is a birthright





collaboration is the special ingredient

let's work together

Are you looking for a credible professional to answer questions on nutrition, culinary medicine, and health? I work with media and brands to deliver evidence-based nutrition information through engaging and digestible content.

Contact me today to discuss how we can partner together!

collaboration opportunities

MEDIA

- Expert quotes
- Interviews
- Satellite and Radio Media Tours
- Social Media Tours
- Culinary Demonstrations

CONSUMER EDUCATION

- Social Media Engagement
- In-person and virtual sponsored events
- Webinars
- Resource development

CONSULTING + BRAND REPRESENTATION

- Brand Spokesperson- Nutrition Expert for Brands and Companies
- Speaking Engagements & presentations
- Sponsored events
- Advisory boards

HEALTHCARE PRACTITIONER EDUCATION


- Webinars, Conference presentations
- Expert panels
- Culinary Medicine Courses / Teaching Kitchen *(coming soon)*
- Content Development

Rates vary based on scope of the project.

Email danielle@danielletherdn.com or click [HERE](#) for more information.

let's stay in *Touch*

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