



Stacey
Woodson

Registered Dietitian, Author &
Media Consultant

STACEY WOODSON, MS, RD, LDN is a registered dietitian, speaker, and author on the topics of nutrition and wellness. Stacey uses an earth-centered approach to wellness, fusing nutrition, nature, cultural foods and sustainability practices. She specializes in using food as medicine with an anti-diet approach while teaching her clients to eat foods that improve health and bring them joy. Stacey translates complex nutrition science into engaging content, helping brands communicate impactful health messages that resonate with their audience.

AS SEEN IN:

Parade

EatingWell

REAL SIMPLE

GOOD
HOUSEKEEPING

FOX NEWS
media

 **2.2B**
AUDIENCE

 **14.7M**
VIEWS

 **6.6K**
ENGAGEMENT

 **3K+**
BOOKS SOLD

SERVICES

- ✓ Speaking engagements
- ✓ Talent at events and trade shows
- ✓ Satellite media tours
- ✓ Broadcast, print & web interviews
- ✓ Quotes and tips in press releases
- ✓ Social media engagement
- ✓ Media and nutrition consulting
- ✓ & more!

WHAT CAN STACEY DO FOR YOU?

Stacey is a seasoned registered dietitian boasting two decades of professional experience.

Let her amplify your messaging with her dynamic presence and encouraging nature which is sure to ignite even the most skeptical individuals to take steps towards improving their health.



Please feel free to reach out for any questions.

Get in Touch!

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