



Stacey WOODSON

DIETITIAN | AUTHOR | MEDIA CONSULTANT

About me

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. Click here to learn more about her [media experience](#).

As Seen In

GOOD
HOUSEKEEPING

REALSIMPLE

EatingWell



Parade

THE NUMBERS

14.7M

VIEWS

2.2B

AUDIENCE

6.6K

ENGAGEMENT

3K+

BOOKS SOLD

AUTHOR OF THE DELICIOUS & NUTRITIOUS SERIES



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.



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

AND MORE