



sound science. smart nutrition. good food.

**SPOKESPERSON
SPEAKER
BLOGGER
PODCASTER**



Melissa is an award-winning, nationally recognized food and nutrition expert, registered dietitian nutritionist and certified diabetes educator with 20 years' experience.

Contact Melissa:

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Melissa Joy Dobbins MS, RDN, CDE

The Guilt-Free RD

Because food shouldn't make you feel bad!™

People are hungrier than ever for practical solutions that empower them to make healthier choices, while still allowing them to enjoy food. No one wants to feel guilty, especially when it comes to what they're eating! Whether to buy organic or conventional, what to make for dinner, which snack to grab or if dessert is okay....Melissa helps people separate science fiction from science fact and come away with meaningful steps toward better nutrition and health.

Experience

- Media, social media, professional and public speaking
- Health influencer outreach
- Spokesperson for the food, grocery and healthcare industries
- More than 200 on-camera interviews
- Regularly quoted in national publications
- Outstanding Dietitian of the Year 2014
- Outstanding Diabetes Educator of the Year 2011

[Read Testimonials Online](#)

Spokesperson & Ambassador



Melissa is a former spokesperson for the Academy of Nutrition and Dietetics, the National Dairy Council, the American Association of Diabetes Educators, as well as the grocery industry and various healthcare networks. She has conducted hundreds of live TV interviews and videos and is often quoted in newspapers and magazines such as the Wall Street Journal, the Washington Post, Shape, Fitness and O Magazine.

[View Melissa's Demo Reel Online](#)

Speaker

Melissa brings more than 20 years of professional speaking experience to the podium for both public and health professional audiences.

Past examples:

For the public

- **Nutrition in the News: Science Fact or Science Fiction?** - Debunking Nutrition Myth-Information so you have the real scoop to maximize your results while minimizing your efforts.
- **The Supermarket Shoppportunity** - Learn simple strategies to save you time and money while getting more nutritional bang for your buck.
- **Speedy Weekday Meals** - Easy ways to makeover your family's favorites and new recipes that are quick, easy and delicious.

For Health Professional Influencers

- **Lights, Camera, Nutrition!** Media & Social Media Skills for Health Professionals
- **Successful Storytelling** – Be Clear, Concise and Compelling
- **The OOH! Factor** – Making your Messages Meaningful and Memorable

Past Audiences and Clients: United Healthcare, Academy of Nutrition & Dietetics, American Association of Diabetes Educators, DairyMAX, Wegmans Supermarkets, University of Illinois Extension

Blogger

Melissa is the **Guilt-Free RD** - "Because food shouldn't make you feel bad!"™. So, on her Food for Thought blog she's exploring the secret ingredients needed to enjoy your food with health in mind.

Popular Posts:

- My Guilt-Free RD Philosophy (Hakuna Matata)
- The 30-Day Protein Challenge
- When Diabetes Hits Close to Home
- Food is Fashion! Putting Your Best Fork Forward
- Food, Farming, and...Faith

Podcaster

Sound Bites Podcast delves into the science, the psychology and the strategies behind good food and nutrition.

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