



Melissa Joy Dobbins MS, RDN, CDE

The Guilt-Free RD® – *“Because food shouldn’t make you feel bad!”*

CEO of **Sound Bites, Inc.** – Sound Science. Smart Nutrition. Good Food.™

Creator of **Do M.O.R.E. with Dinner** – **Make Ordinary Rituals Extraordinary™**

Recipient of the **Media Excellence Award** – **Academy of Nutrition & Dietetics** – 2016

Named one of “10 Dietitians You Need to Follow on Social Media” by **U.S. News & World Report**

Podcast: [Sound Bites](#) Blog: [Food for Thought](#) Twitter & Instagram: [@MelissaJoyRD](#)

Melissa is an award winning, nationally recognized food and nutrition expert, media spokesperson, speaker, blogger and podcaster with more than 20 years’ experience and a proven track record of providing real solutions for real people so they can enjoy their food with health in mind.

People are hungrier than ever for realistic options that empower them to make healthier choices, while bringing back the enjoyment of food. No one wants to feel guilty, especially when it comes to their food! Wondering whether to buy organic or conventional, what to make for dinner, which snack to grab or if dessert is okay? Melissa helps people digest food and nutrition information so they can make their own well-informed decisions based on facts, not fear - and most of all, come away with meaningful steps toward better nutrition and health.

Melissa’s background includes nearly a decade of clinical nutrition and outpatient counseling as well as corporate wellness, public speaking, academia, and research. She’s a former supermarket dietitian, a certified diabetes educator, and also specializes in weight management, family nutrition, and food safety/technology. A former national media spokesperson for the Academy of Nutrition and Dietetics and the National Dairy Council, Melissa has had a powerful voice in the media for over 20 years. She has conducted hundreds of TV interviews and has been quoted in publications such as the Wall Street Journal, the Washington Post, Shape and O Magazine. Utilizing her communications expertise, Melissa enjoys coaching other food, nutrition and wellness experts on media, social media and public speaking skills, with an emphasis on creating and delivering meaningful messages that engage and empower audiences.

Balancing work and family life, Melissa enjoys spending time with her husband and two children (8 and 17 years old). In 2012, Melissa started running as a “mid-life experiment” and has since completed thirteen races (from 5K to 15K) as well as her first triathlon. Now she’s taking ballet for the first time in over 25 years and loving it. In the kitchen you can find her cooking up a family favorite or trying a new recipe that is not only good for you, but tastes good, too!