



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, certified diabetes educator, media trainer, 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. 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 and also specializes in diabetes, weight management, family nutrition, and food safety/technology. Melissa has extensive media experience as a spokesperson for the food, grocery and healthcare industries, and received the 2016 Academy of Nutrition and Dietetics’ Media Excellence Award. She has conducted over 200 live TV interviews in Chicago and has been quoted in countless publications including the Wall Street Journal, Shape Magazine, and Men’s Fitness. She was recently named one of “10 Dietitians You Need to Follow on Social Media” by U.S. News & World Report.

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.

Melissa lives in Chicago with her husband and two children. She enjoys weight lifting and all kinds of dancing from ballet to ballroom. She has survived her midlife experiment of competing in events ranging from 5Ks to triathlons.