

SOUND BITES®

Sound *Science*. Smart *Nutrition*. Good *Food*.®



Melissa Joy Dobbins MS, RDN, CDE
The Guilt-Free RD®

Influencing **SMART NUTRITION** online, on air, and on stage



MEDIA TRAINER

With extensive media experience as a spokesperson for the food, grocery and healthcare industries, I specialize in training other health professionals on media skills including on-camera, interview and messaging skills, to help them create and deliver meaningful messages that engage and empower audiences.



BRAND AMBASSADOR



MEDIA SPOKESPERSON



PODCASTER

Excited to make a difference with these great partners!



I'm the host of the Sound Bites Podcast where I interview leading experts in the food and nutrition space and delve into the science, psychology and strategies behind good food and nutrition.

Named one of "11 Health & Fitness Podcasts You Need" by Cosmopolitan Magazine



eat right. Academy of Nutrition and Dietetics

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