WHITNEY STUART, MS RDN

DIETITIAN, DIABETES EDUCATOR NUTRITION & HEALTH INFLUENCER









ABOUT ME

Whitney is a leading witty voice in nutrition for the last decade & educates her community with sustainable strategies for nutrition and blood sugar improvements. Whitney is a registered dietitian-nutritionist, toddler mama, and a Certified Diabetic Educator.

She has established herself as a prominent dietitian on social media. Her engaging content resonates with busy mothers & females focused on health on various mainstream media platforms.

Instagram Followers

13K

Pinterest Views

150K

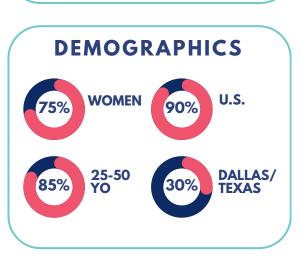
Average Blog Views

Newsletter Subscribers & Click Rate

3K /3%

SERVICES

- Copywriting
- Educational Blog Posts
- TV Broadcast
- Social Media & UGC Whitelisting
- Brand Spokesperson
- Dedicated Newsletters
- Medical Board Position





SAFE CATCH FOODS B.T.R NATION
REDMOND RELYTE PENDULUM
CA WALNUTS BODYBIO

NEEDED SUPPLEMENTS

CATALINA CRUNCH

EVERYDAY DOSE

YO QUIERO
ACTUAL VEGGIES
INITO



MAKE A GREATER IMPACT WITH YOUR MESSAGING

Why Work With a Registered Dietitian?

- HONE IN ON A NICHE DEMOGRAPHIC
- EXPERT COMMENTARY
- CREDIBLE MESSAGING
- ADD USEFUL VALUE AND CREDIBILITY TO YOUR PRODUCT
- SUPPORT FROM A CREDIBLE AND LEADING PROFESSIONAL IN THE WELLNESS SPACE.



Learn more about Whitney on our about me page.

INSIDER Voyage Dallas SHAPE REALSIMPLE

"Whitney is not only a wealth of knowledge about everything nutrition, she's a TRUE partner! She goes above and beyond and becomes an extension of your team. Her content is top notch and most importantly she cares about the brands she aligns herself with." - Ashley, B.T.R. Nation

TESTIMONIALS

"This partnership has been an incredible experience and we can't wait to see how many people we can help through our combined efforts."

- Meg, Redmond Relyte

Past Partnership Spotlights

BTR Nation Recipe Reel



Blog Post with Natural Delights



Newsletter w Safe Catch Foods



Recipe Reel w Yo Quiero



Recipe Reel w Spice World

Testimonials



Brandon, NOOMA "There aren't many people out there that are truly intrinsically motivated to connect, pay it forward and believe that raising the tide lifts all boats as Whitney.

She's the best!"

WHITNESS
by Whitney Stuart RDN

"We loved partnering with Whitney! She is so incredibly knowledgable about blood sugar and nutrition. Her work and professionalism was topnotch."



Julia, Trash Panda



Ashley, BTR Nation "Whitney's a TRUE partner!
She goes above and beyond and becomes an extension of your team. Her content is top notch and most importantly she cares about the brands she aligns herself with."

let's partner! chat details: whitney@whitnessnutrition.com

Media Rates

TV segment rates follow - shared by 2-3 brands

IG Reel	\$1500
IG Carousel Post	\$800
IG Story Set	\$500
Weekly Newsletter Sponsor & Share	\$400

EDUCATIONAL SPONSOR

Dedicated Newsletter	\$800
Blog post	\$1500
Whitelisted UGC Reel (30 day ad access, \$500/mo after)	\$2000
Virtual Workshop	\$1000



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Redmond Relyte



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Nation







Texas Today NBC

- 4 min brand segment
- 0:05 billboard or call-to-action card following segment
- 15 second brand spot following segment (optional)
- Integration post on Texastoday.com
- Boosted Facebook/Instagram Post
- Organic Facebook/Instagram
- Homepage Takeover

WATCH NOW

PRIOR ANALYTICS

Segment

4-minute segment that aired in TX Today on Tuesday, 9/16 at 11:30am. Delivered Impressions: A18+: 38,200 & W18+: 26,400

Facebook and Instagram

Total Impressions: 181,711 Total Reach: 51,178

Homepage Takeover

Three units ran on the homepage of NBCDFW.com on 9/16/25.

219,735 imps delivered with 196 clicks.











Campaign Totals

Overall Campaign delivered over 439,000 combined Impressions

\$6400



Good Morning Texas WFAA

34,400 impressions 9-915a

- 3-4 minutes on WFAA/ABC, KFAA 1-2p, WFAA+ (Streaming App)
- All creative included
- Long standing Texas following

WATCH NOW

\$5800



Morning Blend Vegas

In studio 4-6 minutes or pre-recorded 2-3 minutes.

Shared to various digital platforms including YouTube

\$1500-\$2250

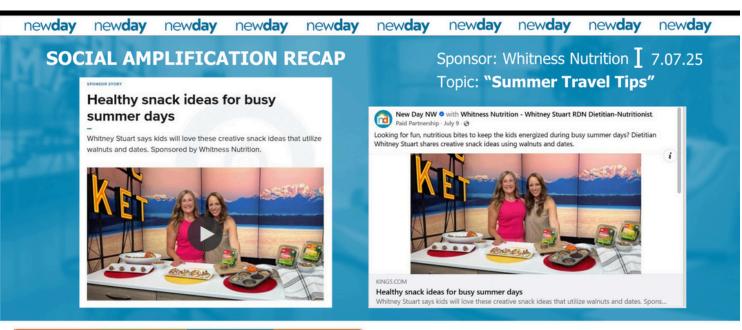


Seattle New Day Northwest

- 4-6 min segment on KING, KONG, K5+ & king5.com
- Includes co-branded Facebook post
- QR code
- YouTube upload
- targeted boost
- web story with video on king5.com
- 1-3 brands

WATCH NOW

PRIOR ANALYTICS



90,225 59,863 1,356 185
Impressions Reach Engagements Link Clicks



\$6200