

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

20K

Newsletter
Subscribers &
Click Rate

3K / 3%

SERVICES

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

DEMOGRAPHICS



WOMEN



U.S.



25-50
YO



DALLAS/
TEXAS

PAST
PARTNERSHIPS

SAFE CATCH FOODS

B.T.R NATION

NEEDED SUPPLEMENTS

YO QUIERO

REDMOND RELYTE

PENDULUM

CATALINA CRUNCH

ACTUAL VEGGIES

CA WALNUTS

BODYBIO

EVERYDAY DOSE

INITO

WHITNESS NUTRITION

by Whitney Stuart^{RDN}

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](#).

AS SEEN ON



THE CW 33

good fun

Prevention

INSIDER Voyage Dallas



SHAPE

REAL SIMPLE

TESTIMONIALS

"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

"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!”



Julia,
Trash Panda

“We loved partnering with Whitney! She is so incredibly knowledgeable about blood sugar and nutrition. Her work and professionalism was top-notch.”



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.”

WHITNESS
NUTRITION
by Whitney Stuart, RDN

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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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.

219,735imps 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

newday newday newday newday newday newday newday newday newday newday

SOCIAL AMPLIFICATION RECAP

Sponsor: Whitniss Nutrition | 7.07.25
Topic: "Summer Travel Tips"

SPONSOR STORY

Healthy snack ideas for busy summer days

Whitney Stuart says kids will love these creative snack ideas that utilize walnuts and dates. Sponsored by Whitniss Nutrition.



New Day NW with Whitniss Nutrition - Whitney Stuart RDN Dietitian-Nutritionist. Paid Partnership - July 9 · 🌐

Looking for fun, nutritious bites to keep the kids energized during busy summer days? Dietitian Whitney Stuart shares creative snack ideas using walnuts and dates.

KINGS.COM
Healthy snack ideas for busy summer days
Whitney Stuart says kids will love these creative snack ideas that utilize walnuts and dates. Spons...

90,225
Impressions

59,863
Reach

1,356
Engagements

185
Link Clicks

YouTube **K5 MEDIAGROUP**

Thank you for being a valued sponsor.

\$6200