



# ABOUT ISABEL SMITH

Isabel Smith MS RD CDN, is a New York City-based Registered Dietitian, Fitness and Lifestyle Expert, and Founder of Isabel Smith Nutrition. Isabel and her team work with both individual clients and corporations to promote whole body wellness and mental health. Isabel also works with healthy-minded brands for product strategy, brand promotion, representation and more. Isabel's expert opinion is frequently featured in national publications and periodicals. To view her full bio, [click here](#).

## SERVICES

- 1-1 Client Work
- Corporate Employee & Executive Wellness
- Corporate Food Strategy and Procurement
- Brand Consulting & Representation
- TV, Radio, Print Expert Opinion
- Product Development
- Recipe Development
- Wellness Program Development
- Keynote Speaking/Presentations at Conferences & Events
- Social Media Collaboration

## RECENT BRAND AND CORPORATE WORK





## EDUCATION AND QUALIFICATIONS

- B.A. Health and Exercise Sciences, Gettysburg College
- M.S. Nutrition Communications, Tufts University
- Registered Dietitian Nutritionist, Academy of Nutrition and Dietetics
- Certified Dietitian Nutritionist, State of New York

## CONNECT WITH ME ON SOCIAL MEDIA

 @isabelsmithnutrition

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 @isabelsmithrd

## RECENT FEATURES

**COSMOPOLITAN**

**HUFFPOST**

**mbg**  
mindbodygreen

**GLAMOUR**

**Prevention**

**Women's Health**

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“I love working with Isabel for many reasons. First, she always replies to my media requests at lightning speed. Whether I need help within two hours or two weeks, I know I can count on her to provide me with great insights. Second, and most importantly, the information she provides is always actionable, easy to understand, and supported by science. Over the past few years, she has become my trusted source for all things nutrition, food, and weight loss, and I'm constantly recommending her to my colleagues.”

Dana Leigh Smith  
Senior Digital Editor, Prevention  
Magazine & Freelance Health Writer