

Rosanne Rust, MS, RDN, LDN
Registered Dietitian Nutritionist
Nutrition Communications

www.rustnutrition.com



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About Me

I translate science into well-reasoned dietary advice. I aim to help people enjoy eating, and avoid "food-fear", helping them keep diet, health, and happiness in proper perspective. I truly enjoy helping folks figure out how to eat well for better health, enjoying foods they love, while reducing their risk for disease.

I partner with organizations that need critical thinking skills to understand why people make the food choices they do. I am available to help PR firms deliver information, whether it's through effective social media messaging, writing content, or speaking, on behalf of their clients in the food, agriculture, and nutrition industry.

My Philosophy: I am not the food police. I'm realistic about eating and realize that no one diet plan fits everyone. I understand that people have personal food preferences, whether they are for carrots or cupcakes, and want them to know that it's possible to find a balance for good health.

Nutrition communications

Specialties: Freelance writer, author, speaker, social media, TV, radio

Topics: Cardiovascular Nutrition, Weight Management, Wellness

Social Media Summary

WEBSITE: www.rustnutrition.com

Unique Visitors: 14K

BLOG: www.chewthefacts.com

TWITTER: @rustnutrition

Followers – 8100+

INSTAGRAM:

Followers - 1000+

FACEBOOK: Rust Nutrition Services [<https://www.facebook.com/rosanne.rustnutrition>]

Likes: 1000+

LINKEDIN

<http://www.linkedin.com/in/rosannerust>

500+ connections

BOOKS & PUBLICATIONS

<https://www.dummies.com/?s=rosanne+rust>

<http://www.wiley.com/WileyCDA/Section/id-302475.html?query=Rosanne+Rust>

http://link.springer.com/chapter/10.1007/978-1-4899-8077-9_10

<http://ajl.sagepub.com/content/early/2014/03/10/1559827614525909.abstract>

Check Press Kit links at website for Full Bio