



### About Bonnie

Bonnie Taub-Dix, MA, RDN, CDN is an award-winning author, registered dietitian nutritionist, media trainer and host of the *Media Savvy Podcast*. Celebrated for her book, *Read It Before You Eat – Taking You from Label to Table*, and website [BetterThanDieting.com](http://BetterThanDieting.com), Bonnie is a trusted corporate and brand consultant, collaborating with leading food companies and organizations. Combining credible guidance with culinary passion and relatable insights, Bonnie is the Owner of [BTD Nutrition Consultants, LLC](http://BTD Nutrition Consultants, LLC), based in New York City.



### Bonnie’s Columns & TV Appearances

Bonnie is a Contributor to top tier publications and media outlets and has been featured as a nutrition expert in thousands of interviews including:

*TODAY Show, The New York Times, US News & World Report, Washington Post, USA Today, Huffington Post, EverydayHealth, Vogue and Shape.*



[betterthandieting.com/](http://betterthandieting.com/)

[bonnie@btdnutrition.com](mailto:bonnie@btdnutrition.com)

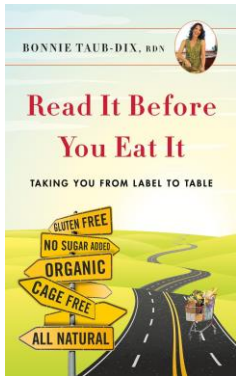
[@bonnietaubdix](#) [@BTDmedia](#)

Facebook: [BonnieTaubDix.RDN](#)

X: [eatsmartbd](#)

Instagram: [bonnietaubdix](#)

LinkedIn: [bonnietaubdix](#)



### Services Offered

- Corporate Advisor
- Brand Spokesperson
- Freelance Writer
- Media Appearances
- Motivational Speaking
- Media Coaching
- Social Media Consulting
- Webinars, SMT, Press Events
- Recipe Creation
- Podcast hosting

*(See following page for detailed list)*

### Read It Before You Eat It - Taking You from Label to Table

We often take more time to shop for what goes *on* our bodies (clothing) than what goes *in* them (food), in part because the supermarket can seem overwhelming.

Bonnie’s book translates confusing and misleading terminology into consumer-friendly information. It has been welcomed as a go-to resource for consumers, health professionals, the food industry and all forms of media.