



## **Mitzi Dulan, RD, America's Nutrition Expert™**

Mitzi Dulan, America's Nutrition Expert™, is a nationally recognized nutrition and wellness expert who has inspired millions to lose weight and get fit. With her high energy, down-to-earth charm, Mitzi passionately motivates all audiences to take action. Mitzi co-authored ***The All-Pro Diet: Lose Fat, Build Muscle, and Live Like a Champion*** (Rodale) with NFL future Hall-of-Famer Tony Gonzalez helping people learn how to eat clean to get lean.

Mitzi is currently the team nutritionist for the Kansas City Royals Baseball Team. She was the team nutritionist for the Kansas City Chiefs Football Team over the past eight seasons and was previously the sports nutrition consultant to the Golden State Warriors Basketball Team and the San Jose Sharks Hockey Team. Mitzi is a nutrition spokesperson, author, speaker, and provides nutritional counseling to a wide range of clients including: CEOs, news anchors, stay-at-home moms, and high-profile celebrity athletes. Mitzi travels throughout North America speaking to organizations who want to help employees improve their health and performance.

Mitzi is an internationally sought after media source for trusted nutrition and wellness information. She has conducted over three hundred television interviews. She has appeared on the Emmy Award-Winning television show "Starting Over" as the nutrition expert for the houseguests. Mitzi has been seen regularly on **FOX News Channel** with appearances also on **CNN** and **Discovery's Science Channel**. She has also frequently been seen on the nationally syndicated "Dr. Dean Edell" segments and throughout the country on **NBC, ABC**, and **FOX** affiliates in major media market cities. Mitzi has been seen on Discovery's Science Channel and on "in-flight" video for United Airlines. Mitzi is a blogger for **US News and World Report's "Eat+Run"** blog.

With over 3 million Pinterest followers, Mitzi has developed a very engaged social media following on all of her social media outlets. In 2012, Mitzi was named one of the "Top 35 Diet and Nutrition Experts to Follow on Twitter" by **The Huffington Post**. She was also named the #5 online influencer to help Americans Eat Better by ShareCare.com behind Dr Weil and Jamie Oliver.

Mitzi has served as a nutrition spokesperson for numerous clients including: The National Honey Board, Hass Avocado Board, Almond Board of California, Body Basix, Fiji Water, Sambazon, Back to Nature, Buitoni, Horizon Organic, Reynold's Wrap, Cherry Marketing Institute, Wild Blueberries, Aerogrow, Bausch and Lomb, Green Giant, Baker's Inn, Cranberry Marketing Committee, and the Olive Oil Association. She has been quoted in the *The Wall Street Journal*, *Newsweek*, *US Weekly*, *Family Circle*, *Men's Fitness*, *Maxim*, *Glamour*, *Women's World*, *Fitness*, *Walking Magazine*, the *San Francisco Chronicle* and the *San Jose Mercury News* and online at *ESPN.com* and *Glamour.com*. She has consulted for public relations companies including Edelman (New York and Chicago), Coyne PR (NYC), Ogilvy (New York), Porter Novelli (New York and Washington DC), GolinHarris (Los Angeles), Publicis Consultants (Seattle), Weber Shandwick (Chicago), Pollock Communications (NYC), Barkley (Kansas City), Fineman Associates (San Francisco), and The Kotchen Group (Hartford).

Before becoming a huge success, Mitzi had her own struggles with weight. At age 33, after the birth of her second child, she was determined to lose the extra weight she had gained as a freshman in college. Armed with goals, determination, and passion, she did it! As a working mom of two active girls, Mitzi understands and relates to the challenges of losing weight with a busy lifestyle. When not traveling to share her message of persistence and hard work, you will find her at home living the lifestyle she teaches! As a foodie, Mitzi loves to cook clean, real foods that are bursting with flavor. She enjoys trying new recipes and restaurants with her daughters. She also loves to occasionally indulge in her favorite desserts like molten chocolate lava cake with vanilla bean ice cream. Mitzi knows exactly how to balance achieving a healthy weight, a passion for food and a love for life and wants to share her secret recipe with you to help you reach your goals!

As a frequently requested speaker, Mitzi is a Registered Dietitian (RD), Board Certified Specialist in Sports Dietetics (CSSD), and Certified Health Fitness Specialist (HFS) through the American College of Sports Medicine. She has delivered talks to the US Army, Morgan Stanley Smith Barney, Boomer Consulting, PG&E, UCSF, Kansas City Chiefs, Kansas City Royals, Golden State Warriors, San Jose Sharks, Kansas State University, and the National Multiple Sclerosis Society.

Prior to this, Mitzi completed several unique and high level internships that have helped shape her broad perspective and expertise in sports nutrition. In 1993, Mitzi completed an internship at the NBC Health & Fitness Center in New York City. In 1994, Mitzi was appointed as the first ever Sports Nutrition Intern for the United States Olympic Committee, Sports Medicine Division at the Olympic Training Center in Colorado Springs. In 1996, Mitzi completed her clinical training at the highly competitive dietetic internship at the University of California, San Francisco Medical Center.

Mitzi earned her dual B.S. degrees in Nutrition & Exercise Science in 1995 graduating Cum laude in both from Kansas State University. Active in several professional organizations, Mitzi is currently a member of the National Speakers Association, the American Dietetic Association, the Sports, Cardiovascular, and Wellness Nutritionists Dietetic Practice Group (SCAN), and Nutrition Entrepreneurs Dietetic Practice Group. Mitzi burst onto the nutrition scene winning awards for *2001 Outstanding Young Dietitian of the Year* in California by American Dietetic Association and *2005 Entrepreneur of the Year* by Kansas State University.

In her free time, Mitzi enjoys spending time with her family, reading, and staying active by playing tennis and weight training. Mitzi loves getting creative in the kitchen and exploring new restaurants during her travels. Mitzi lives in the Kansas City area with her husband and two daughters.