



Kelsey KUNIK, RDN

BALANCED EATING MEDIA DIETITIAN

Meet Kelsey

I'm a registered dietitian passionate about balanced nutrition and helping women approach food with curiosity and fun. I create simple, delicious, and nourishing recipes, showing my audience how to fit all foods into their diet to feel their best. I'm a regular contributor to several national health and wellness outlets and have been featured in hundreds of online publications as a nutrition expert. With so much "diet noise" in the media, I'm proud to contribute to sound nutrition science by working with brands for recipe development, social media collaborations, spokesperson work, media placements, and more!

THE Numbers

928M

Media audience

100+

2023
Bylines + interviews



50K+ monthly visits
graciouslynourished.com

17K+

Social audience



1.5K+
@kelseylorcnczrdn



14.5K
@graciouslynourished



<1k
@graciously.nourished



86K
@graciouslynourished



<1k
@graciouslynourishedRD

AS SEEN IN

healthline

Reader's Digest

SHAPE

SI

THE Healthy

vegetariantimes

verywell fit

LET'S WORK TOGETHER



SERVICES

Media outreach
Recipe development
Photography & video
Social media engagement
Consulting

Blog and website content
Quotes for press releases
Trade show and event talent

Testimonial

"Kelsey has helped our portfolio of sites get featured in many of our industry's largest publications. Working with her has been a game-changer for our PR."

**ALEX GOLDBERG,
FOUNDER OF FIN VS FIN**