

ERIN PALINSKI-WADE

Dietitian - Diabetes Educator- Bestselling Author

ABOUT ERIN



As the go-to expert on all things nutrition and diabetes, Erin is **one of the most quoted dietitians in the country** and a sought after speaker, spokesperson, and media source. She has authored four books including the bestselling '2 Day Diabetes Diet' and 'Belly Fat Diet For Dummies.' Erin has appeared on shows including The Dr. Oz Show, The Doctors, and The Early Show and regularly contributes to BravoTV, FoodNetwork, FoxNews, and Prevention. She currently juggles her time between freelance writing for publications such as Diabetes Forecast and EverydayHealth.com, motivating audiences as a high energy keynote speaker, and seeing clients in her private practice in NJ.

ErinPalinski.com



SOCIAL MEDIA STATS

42.6K



@erinpalinskiwade

15.9K



@ErinPalinski

11.5K



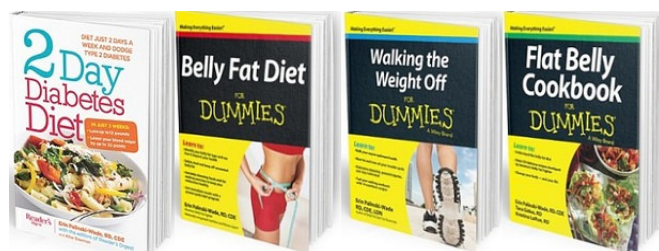
@ErinPalinski

9.1K



@HealthyMomHappierFamily

PUBLICATIONS



*Healthy Mom.
Happy Family*

"As a nutrition & fitness expert, media consultant, and mom of 2 young boys, I know how hard it can be to prioritize your own health. But if momma ain't healthy, ain't no one healthy. **I show busy, stressed out moms how to make time for health, even when it feels like they have no time for themselves.**"

- Erin Palinski-Wade, RD, CDE, LDN, CPT

Contact Information

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Phone: 973-600-7795

[Travels from NJ](#)

SERVICES

SPOKESPERSON

Erin is available to partner with brands and commodities that she believes in on a variety of media campaigns as well as content development projects, recipe development, social media campaigns, and consulting opportunities.

KEYNOTE SPEAKER

Whether you are planning a large scale corporate event with 1000 attendees or looking for a keynote speaker for your next conference, Erin will leave your audience feeling inspired, motivated, and ready to implement changes to improve health with her down-to-earth advice and practical strategies.

CONTENT & RECIPE DEVELOPMENT

From educational and promotional content development, to recipe creation, and educational video development, Erin is available to do it all. Content can be developed for promotional use, for branded websites, or promoted through Erin's own blog and social channels. Erin has experience creating content for both consumer audiences as well as for healthcare professionals.

SOCIAL MEDIA PROMOTION

From Facebook Live videos, to Instagram Takeovers and everything in between, Erin is available to promote your brand through her own channels or on yours.

ON AIR TALENT

If you are looking for a spokesperson to host an upcoming media tour, an on-air talent to host an educational video series, or a guest for your show, Erin has years of experience in all of these areas and is ready to make your next video project a huge success!

RECENT MEDIA APPEARANCES



Lose weight, lower stress, and fight disease with these 6 habits (June 13th 2017)



Why Stars Drink Lemon Water Every Morning (April 2017)



Low Sugar Granola Bars to Stock Up On (May 2017)



13 Foods that Help You Age Gracefully (July 2017)



7 Mood Boosting Foods to Mend a Broken Heart (July 13 2017)



The Worst Foods to Eat Before Bed (July 7th 2017)

RECENT PUBLISHED WORKS



Natural Remedies for High Blood Pressure (June 21st 2017)



How Many Calories Should I Eat Each Day? (July 19th 2017)



Fact or Fiction? Dispelling Nutrition Myths (July/August 2017)



Is a Ketogenic Diet Safe For Weight Loss? (June 13th 2017)



Surprising Foods that Have Little Impact on Blood Sugar