



# Liz's Healthy Table



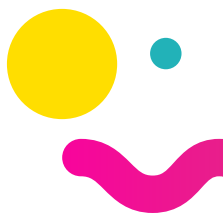
## EAT, DRINK, LIVE LONGER

Liz weiss, MS, RDN



# LIZ WEISS, MS, RDN

## SPEAKING | MEDIA | CONSULTING



As a registered dietitian nutritionist, I've been passionate about nutrition and wellness for over 20 years. Helping people discover the joy of wholesome, flavorful, and sustainable food isn't just my job—it's my mission. I am a former producer and reporter for CNN's On the Menu, and during my tenure at CNN, I created a series of 50 Meal Makeovers cooking videos for their AccentHealth channel. In 2004, I co-founded the Meal Makeover Moms' online platform, and in 2017, I rebranded the site, and Liz's Healthy Table was born. Forging exciting collaborations with brands who share my food and nutrition vision is a top priority here at Liz's Healthy Table. My TV segments, national magazine articles, blog posts, EAT, DRINK, LIVE LONGER podcast episodes, and social channels reach an engaged audience of over 100,000 followers, and together as partners, we can bring easy, accessible, and nourishing food to their tables.



I have created recipes, videos, and blog posts on behalf of the Produce for Better Health Foundation, been a brand ambassador for California Avocados and Always Omega-3s, conducted webinars and keynote presentations for the Food Marketing Institute and the Beef Checkoff, and hosted dozens of TV food demos and interviews for food companies and brands. I love to think outside the box with my clients, and I welcome the opportunity to create fresh content for both consumers and health professionals.

I invite you to get to know me a little bit better by visiting the Liz's Healthy Table website and social channels. Please reach out if you have questions about what I do and how we can work together. I look forward to hearing from you.



[WEBSITE](#)



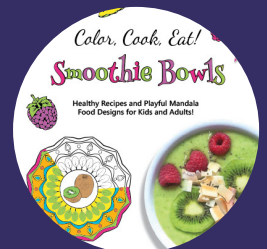
[BLOG](#)



[PODCAST](#)



[TV](#)



[COOKBOOKS](#)



# services Offered

## Blog posts, recipe development and food photography:

As a cookbook author and recipe developer, I work with brands to create well-tested, beautifully photographed recipes that taste great and bring families and individuals to the table quickly. Check out my [Veggie Bean Cakes](#), developed for Cans Get You Cooking.

## Podcast sponsorship and episodes:

EAT, DRINK, LIVE LONGER is an entertaining and educational show aimed at empowering people with delicious ways to live a longer, better life. New episodes are published twice a month. One year and single-episode sponsorships are available. Listen to my sponsored show with [Always Omega-3s](#).

## TV segments:

As a former producer and correspondent for CNN and PBS Health Week, I know how to pitch, plan and host engaging television segments and SMTs. I help brands with script development, food styling, and all aspects of implementation. Watch my recent shot-at-home [TV segments](#).

## IG and Facebook LIVE recipe demos and appearances:

I host LIVE cooking demos on Instagram, and I work with brands on inspiring Facebook LIVE cooking demonstrations. [Watch me](#) demo a recipe for Macaroni Minestrone Soup for Pacific Coast Producers and several green recipes during National Nutrition Month for the [Produce for Better Health Foundation](#).

## Cooking and Tasty-style videos:

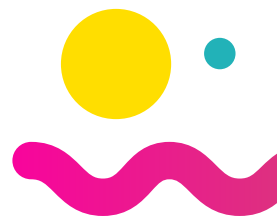
I produce on-camera cooking videos for clients, and I also work with brands to create Tasty-style videos. Watch my Living with Heart Failure [YouTube](#) recipe series with Novartis (viewed over 14 million times) and my playful taco recipe video, created for [AICR](#) and American Pistachio Growers.

## Event hosting and speaking:

I can host an influencer event on your behalf or speak at a local/national consumer or health professional conference. Watch my webinar on [Family Meals Matter](#), created in partnership with Today's Dietitian and the Food Marketing Institute.



# As seen in:



EatingWell



Today's Dietitian

The Boston Globe

Parents



INSTAGRAM

4,347

FACEBOOK

46,800

LINKEDIN

2,184

TWITTER

12,100

PINTEREST

11,012

Monthly unique website visitors: 75,000 | Monthly website page views: 350,000  
Newsletter subscribers: 11,000

## CLIENTS I've worked with

- American Institute for Cancer Research
- Beef Checkoff
- Egg Nutrition Center
- Produce for Better Health Foundation
- Cans Get You Cooking
- Food Marketing Institute
- National Mango Board
- Always Omega-3s
- California Avocados
- POM Wonderful
- Bush's Beans
- ALDI
- Zespri

