

# KERI GANS, MS, RD, CDN

Registered Dietitian Nutritionist & Certified Yoga Teacher



## About Me:

I am known for my no-nonsense nutrition approach and for over two decades have been a voice of reason to the media. My expert advice has been featured in over one-thousand articles, including print and on-line, both nationally and internationally. I look to the latest science to often speak on controversial hot topics in the nutrition world.

I do not believe in diets, but rather feel very strongly about making small changes in your life (hence, I wrote the book *The Small Change Diet*) that will ultimately lead to long lasting success. I also don't believe in good or bad foods, just in foods that are better for you than others and that we should consume more of. And lastly, I believe we could all use a little yoga in our lives.

**1.9K**

THE KERI  
REPORT  
NEWSLETTER

**32.8K**

THE KERI  
REPORT  
PODCAST  
DOWNLOADS

**7.9K**

INSTAGRAM  
FOLLOWERS

**6.8K**

FACEBOOK  
FOLLOWERS  
(PERSONAL + PRO)

## Featured In:



LIVESTRONG.COM



Health SHAPE



everyday HEALTH

Prevention Men's Health



Women's Health

Eat This, Not That

## Services Offered:

- Brand representation/spokesperson
- Satellite media tour/radio media tour
- Desksides
- Blog post
- Booth representation at trade shows
- Speaker/moderator/keynote
- Branded videos
- Talent and/or host for influencer events, including virtual
- Yoga-focused events
- Social media engagement
- Content development
- Major print and online media placements TV/radio segments
- Quotes and tips in press releases



917-817-8776

keri@kerigansny.com

www.kerigansny.com



## Highlights:

- Author, *The Small Change Diet*
- Shape Advisory Board Member
- Forbes Health Advisory Board Member
- Contributor to U.S. News Eat + Run Blog
- Past-Spokesperson, Academy of Nutrition and Dietetics
- Past-President, New York State Academy of Nutrition and Dietetics
- Emerging Dietetics Leader & Media Excellence Awards, NYS Academy of Nutrition and Dietetics

## FOR MORE INFO

Read [The Keri Report Newsletter](#)

Listen to [The Keri Report Podcast](#)

See [recent media hits](#)

Review list of [brand partnerships](#)

[Learn more about Keri](#)