



Caroline Young

MS, RD, RYT

Nutrition & Yoga
Media Consultant



From working in hospitals to working with the media, I have well over a decade's worth of experience in the health and wellness world.

I take a non-diet, weight-inclusive and holistic approach to nutrition and health, meaning I believe all foods fit, all bodies are good bodies, and people need nourishment on all levels – physical, mental and emotional.

One of the best parts of what I do is partnering with brands and companies with mutual values and philosophies.

As Seen In

GOOD HOUSEKEEPING

SHAPE

HUFFPOST

Spirituality & Health

Today's Dietitian
The Magazine for Nutrition Professionals

YAHOO! NEWS

RUNNER'S WORLD

verywell

As a longtime professional communicator and lover of words, I believe words have the power to inspire, uplift and evoke change.

As a brand or company partner, I cut through the clutter of nutrition and wellness information. I provide science-based and compassionate insight, so your audience can make informed, nourishing choices.

SERVICES



Blog posts & articles

E-book creation

Webinar presentations

Social media engagements

Nutrition & yoga videos

Healthcare practitioners' toolkits

Nutrition media consulting & advisement

Yoga & mindfulness workshops

Print & online media interviews

Tips & quotes for press releases

"We have frequently tapped Caroline to write various content pieces for the website focusing on health and wellness at nationalpeanutboard.org. She has also done a wonderful job with our virtual conference offerings this year. Caroline has led a few virtual yoga/education sessions focused on peanut and peanut butter nutrition. Our attendee feedback after events with Caroline are always very positive!"


- Jada, National Peanut Board


"Caroline is a delight to work with! We first hosted her for a virtual Wellness Break in March, which had a 100% satisfaction rate and left employees hungry for more. Two months later, we brought her back for a nutrition segment on our Day of Wellness. She had a visually-appealing presentation, and she made the content easy to digest. I have recommended Caroline to my colleagues and we look forward to working with her again!"


--Lauren, Discover Credit Card



>1 K Followers 182 M Publication-wide Audience 30 K Publication-wide social media engagement

 [@wholeselfnutrition](https://www.instagram.com/wholeselfnutrition)

 [@theholeyogiRD](https://www.facebook.com/theholeyogiRD)

 [@Caroline L. Young, MS, RD, RYT](https://www.linkedin.com/in/Caroline L. Young, MS, RD, RYT)