
MONICA REINAGEL

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Media kit

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About Monica Reinagel



34 million
podcast downloads
in **189 countries**



60,000 followers
and counting



author of
six books

Monica Reinagel, MS, LD/N, CNS is a board-certified, licensed nutritionist and professionally trained chef. Her “sane and scientific” approach and “foodie-friendly” advice is regularly featured on the TODAY show, Dr. Oz, CBS News, Morning Edition, and in the nation’s leading newspapers, magazines, and websites.

Monica reaches over million readers and listeners every month through a wide variety of media channels. She’s a regular contributor to the [Huffington Post](#), [Scientific American](#), [Food and Nutrition magazine](#), [My Fitness Pal](#), a featured commentator for [WYPR-FM](#) and [WOSU-FM](#), as well as a [busy public speaker](#) and educator.

She’s also creator of the Nutrition Diva podcast, one of iTunes’ most highly ranked health and fitness podcasts since its debut in 2008, with more than 500 episodes and over 34 million downloads in 189 countries. The Nutrition Diva podcast is a featured in-flight audio selection on United Airlines.

Monica is the author of six books, including Nutrition Diva’s Secrets for a Healthy Diet, The Inflammation-Free Diet Plan, and How to Win at Losing. Her nutrition blog and coaching programs are found at [NutritionOverEasy.com](#).

She has served as a spokesperson and media representative for the Hass Avocado Board, California Raisin Marketing Board, KIND snacks, Abbot Laboratories and as a consultant to numerous restaurants, food, and nutrition-related companies. Monica previously served as Chief Nutritionist and Editorial Director for NutritionData.com at Conde Nast.

Professional affiliations include the Academy of Nutrition and Dietetics, the International Association of Culinary Professionals, the American College of Nutrition, and the Association of Health Care Journalists.



Press & Media Clips

TV and Video

DR OZ
HEALTHIEST KIND OF MILK



TODAY SHOW
CAFFEINATED NATION



CBS NEWS
CALORIE CYCLING FOR
WEIGHT LOSS



FOX NEWS
HEALTH HEADLINES OR HYPE?



LISA OZ SHOW
FOOD COMBOS THAT BOOST
NUTRITION



DR OZ
ENERGY BOOSTERS IN
YOUR PANTRY



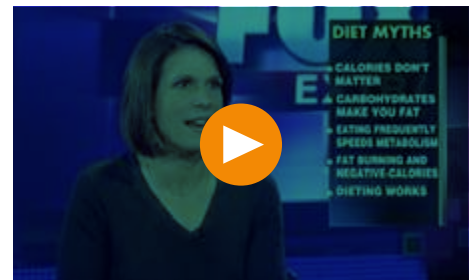
FOX NEWS
WHAT REALLY WORKS FOR
WEIGHT LOSS?



DR OZ
ANTI-AGING BENEFITS OF OILS



FOX NEWS
SORTING NUTRITION FACT
FROM FICTION



Press & Media Clips

Radio and Audio



Monica joins Midday host Tom Hall for Smart Nutrition, a monthly roundup of the latest nutrition news and listener questions.

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When Morning Edition's consumer reporter Patti Neighmond wants to know whether kombucha is a magical health elixir or just funky tea, she asks Monica.

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Host Ann Fisher grills Monica about the latest in nutrition news and trends and takes caller questions.

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Monica talks inflammation, nutrition, and Netflix with Jamie Logie of the hot new Regained Wellness podcast.

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Fitness guru and podcasting legend Ben Greenfield interviews Monica on childhood obesity and how we can help our kids grow up healthy.

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Host Thom Walters and Monica ratchet down the drama around eating healthy.

[LISTEN NOW](#)



Monica talks with Sensory Scientist Annette Hottenstein of the Food Sommelier podcast about nutrition literacy, the distorting effect of the media, and practical tips for eating well.

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Monica shares tips with Vicki and Jen of the What Really Matters Podcast on eating healthy on the go.

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Around the Web



How to order a healthier sandwich, by Lexi Dwyer.

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Monica weighs in on the Bulletproof Coffee trend. By Tracy Saelinger.

[READ ONLINE](#)



Should you be eating sprouted grains, by Hollis Templeton.

[READ ONLINE](#)



Monica sets the record straight about diet and breast cancer on TheDailyMeal.com.

[READ ONLINE](#)



Why bone broth is such a hot trend, by Megan Steintrager.

[READ ONLINE](#)



Monica gives Greatist.com the scoop on how to pick, peel, and enjoy the perfect avocado.

[READ ONLINE](#)



The Nutrition Diva podcast is #1 on US News and World Report's favorite nutrition podcasts.

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Eleven surprising facts about protein, by Deena Shanker.

[READ ONLINE](#)

Here's what real healthy people actually snack on, by Casey Gueren.

[READ ONLINE](#)



Five ways to improve a vegan diet, by Michelle Borboa.

[READ ONLINE](#)



Forbes.com asks Monica how to eat well on a budget.

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How does an opera singer end up dishing out nutrition advice? Entrepreneur Magazine's SecondAct.com profiles the making of a Nutrition Diva.

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Monica offers 9 Ways to Stay Trim on Vacation on SmarterTravel.com.

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The Nutrition Diva is the only nutrition podcast on My Fitness Pal's recommended Playlist.

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Moms have enough to worry about. Monica dishes on "Five Dumb Nutrition Rules Worth Breaking" on The Stir Blog on CafeMom.com.

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Esther Sung of Epicurious.com talks with Monica about healthy eating and diet tips from Secrets for a Healthy Diet.

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Five foods you can stop worrying about, by Megan Steintrager.

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Ten tips for healthier grocery shopping from the nutrition experts who know best, by Sarah Klein.

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Ten nutritionists reveal what they'd order if they had to eat at McDonalds, by Kate Bratskeir.

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Dehydrating Foods: Could What You Eat And Drink Dehydrate You? by Sarah Klein.

[READ ONLINE](#)

Fat Burning Foods: What to eat for a flatter stomach. by Joy D'Souza.

[READ ONLINE](#)



Press & Media Clips

Print



The Washington Post's Jennifer Huget gets some tips from Monica on how to enjoy this summer's seasonal bounty.

READ ONLINE



Monica joins 19 other health and fitness experts with hot tips for staying healthy in your 40s in Baltimore Style.

READ ONLINE



Get Monica's take on The New Food Rules in Women's Day.

READ ONLINE



Monica explains how to eat to beat inflammation in Vegetarian Times.



Find out how eating with the seasons helps you maximize your health in Oxygen Magazine.



Monica offers thoughts on the "super foods" mentality and the psychology of eating well in Psychology Today.



"I'd rather crusade for common-sense than feed the media's insatiable appetite for content," says Monica in this frank interview with Today's Diet and Nutrition.

READ ONLINE



Get Monica's advice on how to look and feel your best on the big day in Bridal Guide Magazine.



More by Monica

Books, Ebooks, Audiobooks



NUTRITION DIVA'S SECRETS FOR A HEALTHY DIET

Virtually everything you (really) need to know about shopping and eating healthy in one slim volume, including recipes, sample meal plans, and shopping lists.

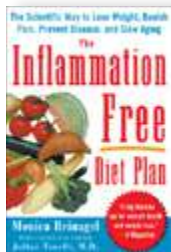
GET IT HERE



GROCERY STORE SURVIVAL GUIDE

Previously published as part of Secrets for a Healthy Diet, this is your essential guide to all the questions and conundrums that come up at the grocery store. I'll walk you through every aisle and help you make the best choices in every category and help ensure that you arrive home with the groceries you need to prepare and enjoy healthy balanced meals.

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THE INFLAMMATION FREE DIET PLAN

Learn how low-level systemic inflammation undermines your health and how to fix it with food. (And, yes of course, [there's an app for that!](#)) There's lots more about inflammation and your health on my InflammationFactor.com website.

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NUTRITION ZOMBIES: MYTHS THAT REFUSE TO DIE

Next time you get one of those emails from your mother warning that drinking ice water with meals causes stomach cancer, or your spinning instructor starts explaining the importance of a regular "cleanse," or your co-worker claims that today's fruits and vegetables are completely devoid of nutrients, you'll be armed with the actual facts.

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HOW TO WIN AT LOSING

Elaborate theories and complicated regimens sell books and magazines but they (obviously) don't offer a real solution. In this brief but empowering book, I sift through the science and the silliness, separate food fact from food fiction, and reveals simple strategies that lead to lasting success.

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LIFE AFTER COLLEGE

In this essential guide for life after college, I team up with 11 other experts from the Quick and Dirty Tips network to tackle the most important issues facing every recent grad. Including:

- How do I get a job?
- How do I lose the weight I gained in college?
- Can writing become a career?
- How do I stock a healthy kitchen on a budget?

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JUMPSTART

It's never too late to jumpstart your life! My fellow experts at Quick and Dirty Tips and I have compiled simple, effective advice for every area of life in sections on Career and Productivity, Communication and Relationships, Health and Fitness, Money and Finance, House and Home, and Parenting and Family Life.

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