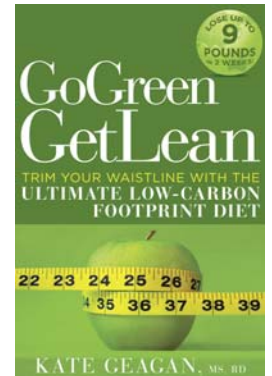




## Kate Geagan, MS, RD

● America's Green Nutritionist™

- Healthy Living and Green Eating Expert
- Award Winning Dietitian
- Author, *Go Green Get Lean* (Rodale)
- Columnist, *Pregnancy Magazine*
- Mom of two tots



## Change your diet. Change the planet. And Feel Fabulous.

Kate is an award winning dietitian and a nationally recognized healthy living and green eating expert. Kate is the author of *Go Green Get Lean: Trim Your Waistline with the Ultimate Low-Carbon Footprint Diet* (Rodale, 2009). She is also the Nutrition Contributor for *Pregnancy Magazine*, where she dishes on the latest health and nutrition info for moms-to-be in her monthly column "Let's Eat!"

As America's Green Nutritionist™, Kate has been on the leading edge of helping America recognize the connections between our diet and its impact on our climate crisis. She is a go to resource for the media on the green eating and has been widely quoted in leading national media outlets including *O, The Oprah Magazine, Time Magazine, Self, The Wall Street Journal, The Boston Globe, The Chicago Tribune, The Atlanta Constitution, Prevention, Health, Family Circle, Parents, Woman's Day, Body & Soul, Runner's World, WebMD, MSNBC.com, Cosmopolitan.com*. She has also been an expert on *The Dr. Oz Show, Martha Stewart Living Radio, You: The Owner's Manual* and *Montel Williams AirAmerica* radio programs. Kate has also given over 75 tv interviews for NBC, ABC, CBS, Comcast, and FOX News affiliates across the country.

A busy working mother of 2 young children herself, Kate understands firsthand the challenges that come with fitting healthy eating into busy lives, and is an expert at helping her audiences translate the latest science into "what do I eat?". For over a decade, Kate's company ran weight loss and wellness programs in New England for dozens of leading companies, including GE Aircraft, Sun Microsystems, Reebok International, Goldman Sachs, Yankee Candle, Pricewaterhouse Coopers, Boston Scientific Corporation, Citistreet, Nova Biomedical Corporation, Tufts Health Plan and Harvard Pilgrim Healthcare.

Kate has worked extensively with several of the nation's leading PR firms, including Ogilvy Public Relations Worldwide, the Food Group, Weber Shandwick, Pollock Communications and Porter Novelli. She has experience with both SMTs and RMTs, and her media reel is available on her website at <http://www.kategeagan.com/media.html>.

## What Kate's Clients Are Saying...

*"Kate is a seasoned pro and brings a unique perspective to any event as both a mother and a nutritionist. Her real world experience and in depth knowledge of health and wellness topics makes otherwise complicated issues simplified for everyday life."*

—Niel Sandfort, the food group

*"Kate's food, nutrition and green expertise helped us generate amazing media results for our client. Kate went above and beyond to make our projects successful; she exceeded every expectation as an expert spokesperson. Plus, working with her has been an absolute pleasure."*

—Erin Henry, Porter Novelli

*"Kate Geagan is one of the most mediagenic registered dietitians I've worked with, always 100% professional and reliable. Whether she's interviewed for print or broadcast media or doing a 10-city media tour, she delivers meaningful, spot-on messages that resonate with consumers."*

—Julie Upton, public relations executive  
& co-founder, NutritionSpokespersons.com

*"Kate has the rare ability to translate the science of nutrition into the familiar language of food for a broad range of food and nutrition initiatives. She advocates up-to-minute nutritional science, underpinned with a social conscience and continues to confirm that she is a class act."*

—Christopher Speed, MND APD,  
Director of Food and Nutrition Sciences,  
Ogilvy Public Relations Worldwide

## Partial Client List:

- Australis Barramundi
- Norwegian Seafood Council
- Paramount Farms Pistachios
- SOYJOY
- Tropicana 100% Juice
- Boca Burgers
- Multibionta Probiotics
- Tea Council of the U.S.A.
- USA Rice Federation
- Uncle Sam Cereals
- Bausch and Lomb
- Green Giant

Awarded 2004 Recognized Young  
Dietitian of the Year in Massachusetts  
by the American Dietetic Association

# Kate Geagan, MS, RD

• America's Green Nutritionist™

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