



Jodie Shield, MEd, RDN

President of Healthy Eating for Families, Inc.

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Contributing author:

Chapter 28: “Nutrition Topics Make Popular Newspaper and Magazine Articles”

Shield is the President and founder of Healthy Eating for Families, Inc., a nutrition communications consulting company based in Chicago. As a nutrition communications expert with more than 30 years’ experience, Shield focuses on healthy eating for families. She founded the [Healthy Eating for Families](#) blog, which provides health professionals, children, teens and their parents with recipes and credible nutrition information to help everyone achieve and/or maintain their health. In addition, she created a recipe app called [Eat Healthy Homemade Meals in Minutes](#).

As a former Academy of Nutrition and Dietetics national media spokesperson, Shield maintains strong relationships with media and other key health influencers. She has authored more than 500 articles for consumer magazines and professional journals such as: Illinois Farm Bureau Partners Magazine, The Chicago Tribune, Ladies’ Home Journal, Healthy Kids, American Baby, Shape Magazine’s Fit Pregnancy, American Health, Weight Watchers Magazine, Reader’s Digest, Restaurants and Institutions, and the Journal of The Academy of Nutrition and Dietetics. Shield blogged for Farm Flavor, Sears Fit Studio, and Kmart Playdate Place. Additionally, she has written several online articles and authored columns such as Ask The Nutritionist for Disney and Ask the Nutritionist for Beansprout.net. Shield also provides nutrition analysis for the Chicago Tribune and is a contributing editor for [Food and Nutrition Magazine](#).

What is one piece of advice you would like to share with current and future nutrition communicators? The key to communicating with your audience is to write engaging, evidence-based content.

Connect with Jodie:

Website: www.healthyeatingforfamilies.com

Email: jodie@healthyeatingforfamilies.com

Facebook: @healthyeatingforfamilies

Twitter: @eating_healthy