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Dairy MAX

Contributing author:

Chapter 5: “Nutrition Communicators Identify Credible Sources”

Chapter 36: “Strengthen Communication by Effectively Responding to Questions”

Katie McKee always loved learning about the power of nutrition, and now she has the joy of teaching others about it. With a Bachelor of Arts in journalism from the University of Arizona, Katie worked as a writer, editor and reporter before returning to school at the University of Texas at Southwestern Medical Center to earn a Master of Clinical Nutrition. Katie joined Dairy MAX in early 2015. In her role, she serves as an educator, presenter and manager. When it comes to sharing the science, Katie pulls from her knowledge as a journalist and dietitian to share science-based information in simple language. She is known to answer a tough question from time to time. In 2018, she was named Media Dietitian of the Year by the Dallas Dietetic Alliance. She is a Media Representative for the Texas Academy of Nutrition and Dietetics. Originally from Tucson, Arizona, she now lives in Lantana, Texas, with her husband, Sean, their son and their French bulldog.

What led you to contribute your time and expertise to writing *Communicating Nutrition*?

I have always had a love of communications. Working in journalism, I learned how to communicate concisely and clearly with an audience. Studying nutrition, I learned how to interpret research and make evidenced-based recommendations. As registered dietitian nutritionists, we have a wonderful platform to help people achieve healthy habits. Being a clear communicator is key to that process. I hope to share my expertise with other dietitians.

What is one piece of advice you would like to share with current and future nutrition communicators?

Science can be simplified. Think about tailoring your language for your audience whether it is a peer or a patient.

Connect with Katie:

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