



Anne Elizabeth Cundiff, RD, LD, FAND

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

With more than 19 years of living her purpose and passion as a registered dietitian, she enjoys inspiring other registered dietitians find their own joy, purpose and passion while embracing a hell yeah life. She is a member of the Iowa Academy of Nutrition and Dietetics serving as Past-President, Marketing Chair, Media Spokesperson and the recipient of the 2013 Medallion Award and of the 2016 Outstanding Dietitian of the Year Award. Anne is grateful for her passions of writing, speaking, wellness and, of course, food. Her creative and inspirational outlets are her Embrace the Hell Yeah! blog and her podcast, Conversations with Anne Elizabeth.

She is an award-winning blogger for the Academy of Nutrition and Dietetics Food & Nutrition Magazine Stone Soup Blog, an expert with Best Food Facts and a retail registered dietitian. Anne graduated from Creighton University in Omaha, Nebraska, and attended Iowa State University for her dietetic internship. She is a daughter, a sister, a godmother, a horrible golfer, a BFF, and a skin-care-obsessed, music-loving and hardworking woman.

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

When I started a new position in my career, I had zero training in nutrition communications. I feel this is common for many registered dietitians. It is scary to feel uneducated and unprepared as a nutrition expert in communicating the information we know so well. I wanted to contribute to this project to share what I have learned and to continue learning from the other outstanding contributors who have paved the way for our seat at the table in communications.

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

When I think about things I have learned and people I have connected with, it all comes back to meaningful conversations. All conversations have meaning, even the challenging ones. By listening and communicating with others, you are leaving an impact with everyone you encounter. Always remember, in your professional life and your personal life, the better you communicate, the easier it is to achieve and receive what you desire in your life.

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