



Liz Weiss, MS, RDN

Founder & Host of the Liz's Healthy Table Podcast and Blog

Liz's Healthy Table

Author:

Section 6 Showcase: "My Podcast Journey: How I've Recorded More Than 300 Episodes Over a Decade"

Liz Weiss is the voice behind the food and nutrition blog and podcast, *Liz's Healthy Table*, and she has written several cookbooks including *Color, Cook, Eat!*, *No Whine with Dinner*, and *The Moms' Guide to Meal Makeovers*. Weiss is a sought-after speaker, spokesperson, TV personality, and cooking instructor. She has written for *Nick Jr. Family Magazine*, *Kiwi* magazine, and *Good Housekeeping*, and she is currently a contributor to *Today's Dietitian* magazine and blog. A pioneer in the world of podcasting, her first show, *Cooking with the Moms*, was launched in 2008 and ran for nearly 10 years and 300 episodes. *Liz's Healthy Table* was launched in 2017 and is aimed at helping busy families eat a healthy, sustainable, and flavor-filled diet.

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

As one of the first registered dietitians to launch and sustain a podcast (I've been podcasting for over a decade), I'm often asked how to get started. That's a loaded question! By contributing to *Communicating Nutrition*, I hope to empower more RDs to jump onto the podcasting bandwagon. Podcasts are growing in popularity, so it's exciting to see RDs using their unique voices to engage and educate the public about nutrition.

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

Learn from one another and avoid the temptation to compare. There are millions of consumers out there who are hungry for nutrition knowledge, so learn from the pros but then carve out a niche that's unique to you. It's hard to be the best at everything, so figure out where you can fit into the giant nutrition communications tent, and then run with it.

Connect with Liz:

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