



## Mitzi Dulan

Mitzi Dulan, “America’s Nutrition Expert,” helps busy people achieve optimal health and performance. A uniquely qualified professional speaker, Mitzi is a registered dietitian (RD) and Certified Health and Fitness Instructor (HFI). She is currently the team nutritionist for the Kansas City Chiefs and the Kansas City Royals. Mitzi brings her skills from working with professional athletes and applies them to organizations wanting to improve energy and performance of their employees.

She shares stories and teaches her audiences how to perform their very best whether it is in the board room, on a sales call, or at a conference. Mitzi’s high energy and sense of humor help her audiences feel motivated to improve their own health and nutrition.

Mitzi earned her dual B.S. degrees in Nutrition & Exercise Science in 1995 graduating Cum laude in both from Kansas State University. Active in several professional organizations, Mitzi is currently a member of the National Speakers Association, the American Dietetic Association, the Sports, Cardiovascular, and Wellness Nutritionists Dietetic Practice Group (SCAN), and Nutrition Entrepreneurs Dietetic Practice Group.

In 2001, Mitzi was awarded Outstanding Young Dietitian of the Year in California by the American Dietetic Association. She is currently serving on the Executive Board of the Nutrition Entrepreneurs dietetic practice group as the Director of Member Services and has previously held the positions of Director of Public Relations and Marketing and as the Mid-Career Mentoring Coordinator for the Bay Area District Dietitians. Mitzi was awarded the 2005 Entrepreneur of the Year for the College of Human Ecology at Kansas State University.

As a trusted source of nutrition and fitness information, Mitzi has conducted over two hundred television interviews appearing nationally and internationally. She has been seen on CBS, NBC, ABC, and FOX throughout the US. Mitzi served as a nutrition expert on the Emmy Award winning show “Starting Over” and has been seen on Discovery’s Science Channel. She has been quoted in the *The Wall Street Journal*, *Newsweek*, *USA Weekend*, *Family Circle*, *Glamour*, *Maxim*, *Men’s Fitness*, *the San Francisco Chronicle* and on ESPN.com.

### Partial List of Mitzi’s Clients:

Boomer Consulting	Arkansas Dept. of Health
PG&E	UCSF
Palidin Staffing Services	National Multiple Sclerosis Society
Portage Health System	Cranberry Marketing Institute
Children’s Mercy Hospital	Northwest Missouri State University

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