

Kait Richardson

**Registered Dietitian &
Nutrition Speaker**

Kait Richardson is a highly-rated wellness speaker with 5+ years of experience as a registered dietitian nutritionist. Kait works with individuals, groups, and organizations to debunk nutrition myths and empower them to use food to live fuller, healthier lives!



SIGNATURE TOPICS

- ✓ Meal Planning for Professionals
- ✓ Nutrition Myth Busting
- ✓ The Trouble with Diets & 'All-or-Nothing' Thinking
- ✓ Prioritizing Healthy Eating in the Workplace
- ✓ Sports Nutrition
- ✓ Eating for Productivity

PROFESSIONAL STATS

78+ FIVE STAR

Google Reviews for Nutrition Awareness

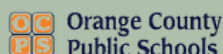
2500+

hours of 1:1 nutrition consulting experience

90,000 +

total podcast downloads

PAST CLIENTS



ORANGE COUNTY
BAR ASSOCIATION

PRESENTATION PACKAGES

LARGE GROUP: \$1,500+

- Professional Keynote Speaking (up to 90 minutes)
- 25+ Audience Size
- Includes Q&A

SMALL GROUP: \$500

- Professional Keynote Speaking
- Audiences less than 25
- Includes Q&A

PODCAST: \$250/HR

- Topic Discussion with a Dietitian and Nutrition Expert
- Website & Social Media Feature

PROFESSIONAL EXPERIENCE

Kait Richardson has worked as a Registered Dietitian in private practice at Nutrition Awareness, LLC since 2018. Her speciality is helping clients achieve desired results by fueling their body with the best nutrition instead of restricting it through ridiculous fad diets and supplements.

During her presentations, Kait uses the same blend of nutrition science & mindfulness practices to teach audience show to optimize their mental, physical, and emotional wellness using food.

CONTACT DETAILS

Plases feel free to contact me for any concerns or questions.



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