

Brooke Baird

REGISTERED DIETITIAN



ABOUT ME

I'm the owner of Simply Divine Nutrition, a private nutrition practice based in Kansas City and a media dietitian working with brands through TV, writing, content creation, and consulting. As a former college athlete and full-time corporate wellness dietitian, I know firsthand just how challenging it can be to prioritize a healthy lifestyle and make nutrition a priority. Through partnerships with brands and working with the media, it's my goal to share approachable nutrition to help others feel their best.

IG STATISTICS

2.3 K
followers

MY AUDIENCE

84%	50%	79%
women	18-34 yrs old	USA

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30M+

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Bob's Red Mill

NUTRITION (PER 1/4 CUP DRY MIX): 180 calories, 0 g fat (0 g saturated fat), 220 mg sodium, 45 g carbs (0 g fiber, 24 g sugar), 0 g protein

If you're gluten-free, you might have a hard time finding a cake mix that is both healthy and delicious. "It can be a challenge to find a cake mix without the questionable preservatives, corn syrup, and artificial flavors that still taste homemade. Bob's Red Mill Vanilla Yellow Cake Mix has mastered how to make a boxed cake mix taste like a recipe made from scratch! Its sponge texture and rich flavor fool you into thinking this cake was bought from a bakery," says Brooke Baird, RDN, LD of Simply Divine Nutrition, LLC.

2. Pair It With The Right Nutrients

Unfortunately, magnesium isn't one of the better-absorbed [minerals](#)—but tweaking your diet can supply you with other nutrients that boost your body's absorption. "To get the most out of your magnesium supplement, increase [vitamin D](#)-rich foods in your diet," recommends dietitian Brooke Baird, R.D.N., L.D., of [Simply Divine Nutrition](#). "Research suggests that increasing your vitamin D intake helps with magnesium absorption," she says.

The Bottom Line

If your digestive system is feeling backed up, starting your day with a fiber-rich breakfast is a great way to get things moving again. Whole grains are known to be rich in fiber, which is a key nutrient for relieving constipation. Our top whole grain pick for constipation is oats since they are packed with fiber, mainly soluble fiber, and are budget-friendly. Looking to make the most of your morning bowl of oats? [Brooke Baird, RDN, LD](#) of Simply Divine Nutrition, LLC, recommends topping your [oatmeal with berries and nuts](#) to score an extra few grams of constipation-busting fiber.

PAST CLIENTS

