

Anne Elizabeth Cundiff, RD, LD, LSC, FAND



About

Anne Elizabeth Cundiff, RD, LD, FAND, is a nutrition expert and a retail registered dietitian in Des Moines, Iowa. With more than 18 years of living her purpose and passion as a registered dietitian, she enjoys helping other registered dietitians find their purpose and passion. She is a member of the Iowa Academy of Nutrition and Dietetics serving as 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 outlet is her blog, *Nutritional Noshes*, her weekly podcast *Conversations with Anne Elizabeth* and her new book *I'm a Registered Dietitian... Now What?*

Blog

Each week Anne shares her life adventures, people & things she loves, food, music and wisdom. Over 100,000 views and still counting!



Book

The journey of becoming and being a Registered Dietitian (RD) is very special and unique. Author Anne Elizabeth Cundiff, RD, LD, LSC, FAND shares her thoughts and insights along her journey through a book written for all RD's to be and RD's who are traveling through our profession and desire a career filled with passion and purpose.

By the end of this book, you'll understand why you became a registered dietitian and why you want to continue being a registered dietitian.

Available at
[amazon.com](https://www.amazon.com)

Speaking

Being a conversation starter and enjoying a little adventure is why I am available to travel anywhere for speaking engagements. I thrive in having conversations with a variety of people at food, health and nutrition conferences, colleges and universities, corporate wellness programs, local interest groups and much more.

My speaking engagements are interactive to provide a meaningful and educational way to discover something new. Each group is unique and I am happy to personally tailor a presentation to meet your needs. Please connect with me for more information.

Podcast

Conversations with Anne Elizabeth is where I have the absolute joy to sit back, relax and have a conversation about food and nutrition with a variety of people who share their personal story of passion and purpose, especially registered dietitians.



New episodes premiere every Tuesday

<https://itunes.apple.com>

Conversations with Anne Elizabeth

www.anneelizabethrd.com



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ARTICLES AND MENTIONS



DRAKE MAGAZINE

The Des Moines Register

SPEAKING ENGAGEMENTS



MEDIA APPEARANCES



IOWA PUBLIC RADIO.

AWARDS AND RECOGNITIONS

2016 - Iowa Academy of Nutrition and Dietetics ° Outstanding Registered Dietitian of the Year

2015 - Food and Nutrition Magazine, Stone Soup Blog ° Top Stone Soup Blog Post in 2015

2013 - Iowa Academy of Nutrition and Dietetics ° Medallion Award

2010, 2012, 2013, 2014 - Academy of Nutrition and Dietetics Foundation, Kids Eat Right ° Everyday Hero

LET'S CONNECT!

@anneelizabethrd



www.anneelizabethrd.com

