getnaked nutrition

Strip down to your healthiest self with a cherry on top

LAURA BURAK MS, RDN

New York

@getnakednutrition link

www.lauraburaknutrition.com

ABOUT ME

- *Mom to Lola 15 and Sam 13 (hockey mom)*
- *Registered dietitian nutritionist 23+ years*
- *Founder and President of Laura Burak Nutrition LLC, a private nutrition counseling practice*
- *Author of Slim Down with Smoothies*
- *Medical Board Expert for Eat This, Not that and Patients Like Me/Women Like Me*
- *Content creator, recipe developer, food and nutrition writer*
- *Media nutrition expert*
- *Brand spokesperson*

SOCIAL STATS

12K+ @getnakednutrition

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5k subscribers

Audience: NY, LA, Philly, London, Toronto

36% ages 25-34 **78% women** **33% ages 35-44**

AS SEEN IN

CNN

GOOD HOUSEKEEPING

EatingWell

LIVESTRONG.COM

Parade

JAMES BEARD FOUNDATION

Reader's Digest

EAT THIS NOT THAT!

MEN'S JOURNAL

YAHOO!

The New York Times

Better Homes & Gardens

BEACHBODY ON DEMAND

the NUTRITIOUS LIFE studio