

# Academy Spokespeople 2023-2024



# Locate a Spokesperson

## California

*Los Angeles*  
Yasi Ansari  
Jamie Mok

## Florida

*Boca Raton*  
Jessica Sylvester  
*Miami*  
Amy Kimberlain

## Georgia

*Athens*  
Emma Laing  
*Atlanta*  
Lena Beal  
Kristen Smith

## Hawaii

*Oahu*  
Vanessa King

## Illinois

*Chicago*  
Jennifer Bruning  
Melissa Ann Prest

## Maryland

*Baltimore*  
Rahaf Al Bochi  
Julie Stefanski

## Massachusetts

*Hopkinton (Boston area)*  
Sue-Ellen Anderson-Haynes

## Michigan

*Detroit*  
Grace Derocha  
Kimberly Snodgrass  
*Grand Rapids*  
Amy Bragagnini

## Missouri

*St. Louis*  
Whitney Linsenmeyer

## New York

*Brooklyn*  
Theresa Gentile  
*Nyack*  
Sandra Arévalo

## Ohio

*Cincinnati*  
Amy Reed

## Pennsylvania

*Philadelphia*  
Colleen Tewksbury  
*Pittsburgh*  
Caroline Passerrello

## South Carolina

*Charleston*  
Debbie Petitpain

## Tennessee

*Johnson City*  
Monique Richard

## Texas

*Dallas*  
Caroline Susie  
*Houston*  
John “Wesley” McWhorter

## Virginia

*Fredericksburg*  
Nancy Z. Farrell Allen

## Washington

*Seattle*  
Angel Planells

# Index of Specialty Areas

## Adolescent Nutrition

Yasi Ansari  
Sandra Arévalo  
Whitney Linsenmeyer  
Amy Reed  
Jessica Sylvester

## Afro-Caribbean Nutrition

Sue-Ellen Anderson-Haynes

## African American Nutrition

Sandra Arévalo  
Angel Planells  
Kimberly Snodgrass

## Aging and Nutrition

Nancy Z. Farrell Allen  
Sandra Arévalo  
Debbie Petitpain  
Angel Planells  
Julie Stefanski

## Arthritis/Inflammation Nutrition

Nancy Z. Farrell Allen  
Sue-Ellen Anderson-Haynes  
Vanessa King  
Jamie Mok  
Melissa Ann Prest

## Autism/Developmental Disorders

Julie Stefanski

## Bariatrics/Weight Loss Surgery

Sue-Ellen Anderson-Haynes  
Sandra Arévalo  
Kristen Smith  
Colleen Tewksbury

## Behavior and Lifestyle Modification

Sandra Arévalo  
Lena Beal

Amy Bragagnini  
Grace Derocha  
Theresa Gentile  
Emma Laing  
John “Wesley” McWhorter  
Caroline Passerrello  
Angel Planells  
Monique Richard  
Colleen Tewksbury

## Breastfeeding

Sandra Arévalo  
Amy Reed

## Calcium

Amy Reed  
Julie Stefanski

## Cancer Nutrition

Amy Bragagnini  
Jamie Mok

## Carbohydrates

Sue-Ellen Anderson-Haynes  
Amy Kimberlain  
Debbie Petitpain  
Julie Stefanski  
Caroline Susie

## Cardiovascular Nutrition

Lena Beal  
Amy Bragagnini  
Grace Derocha  
Theresa Gentile  
Amy Kimberlain  
Jamie Mok  
Angel Planells  
Melissa Ann Prest  
Kimberly Snodgrass  
Caroline Susie

## Celiac Disease

Nancy Z. Farrell Allen  
Julie Stefanski

**Children's Nutrition**

Caroline Passerello  
Amy Reed  
Julie Stefanski

**Cholesterol**

Lena Beal  
Theresa Gentile  
Amy Kimberlain  
Jamie Mok  
Angel Planells  
Kimberly Snodgrass

**Community Nutrition  
Public Health**

Sandra Arévalo  
Amy Kimberlain  
John "Wesley" McWhorter  
Caroline Passerello  
Debbie Petitpain  
Kimberly Snodgrass  
Colleen Tewksbury

**Culinary/Chef**

Jennifer Bruning  
Amy Kimberlain  
Whitney Linsenmeyer  
Wesley McWhorter

**Cultural Foods/  
Cultural Competency**

Rahaf Al Bochi  
Sandra Arévalo  
Jennifer Bruning  
Debbie Petitpain  
Angel Planells  
Monique Richard

**Diabetes**

Rahaf Al Bochi  
Sue-Ellen Anderson-Haynes  
Sandra Arévalo  
Grace Derocha  
Amy Kimberlain  
Melissa Ann Prest  
Monique Richard  
Julie Stefanski  
Jessica Sylvester

**Diet Trends**

Rahaf Al Bochi  
Amy Bragagnini  
Jennifer Bruning  
Whitney Linsenmeyer  
John "Wesley" McWhorter  
Caroline Passerello  
Debbie Petitpain  
Kristen Smith  
Caroline Susie  
Colleen Tewksbury

**Dietary Guidelines  
for Americans**

Caroline Passerello  
Angel Planells  
Amy Reed  
Colleen Tewksbury

**Dietetics Licensure**

Jennifer Bruning  
Emma Laing  
Angel Planells  
Jessica Sylvester

**Disease Prevention**

Rahaf Al Bochi  
Sue-Ellen Anderson-Haynes  
Lena Beal  
Amy Bragagnini  
Grace Derocha  
Theresa Gentile  
Amy Kimberlain  
Vanessa King  
Jamie Mok  
Angel Planells  
Kristen Smith  
Caroline Susie  
Jessica Sylvester  
Colleen Tewksbury

**Eating Away from Home**

Sandra Arévalo  
Jennifer Bruning  
Debbie Petitpain  
Angel Planells  
Kristen Smith  
Kimberly Snodgrass

**Eating Disorders**

Nancy Z. Farrell Allen  
Yasi Ansari  
Whitney Linsenmeyer

**Eating on a Budget**

Sandra Arévalo  
Theresa Gentile  
Vanessa King  
Caroline Passerello  
Kristen Smith  
Kimberly Snodgrass  
Caroline Susie

**Elderly Nutrition/  
Gerontology**

Sandra Arévalo  
Angel Planells  
Jessica Sylvester

**Employee Wellness  
Programs**

Jen Bruning  
Grace Derocha  
Vanessa King  
Jamie Mok  
Debbie Petitpain  
Kimberly Snodgrass  
Caroline Susie  
Jessica Sylvester

**Enteral Nutrition  
(Tube Feeding)**

Lena Beal  
Amy Bragagnini  
Theresa Gentile  
Amy Reed  
Jessica Sylvester

**Environmental  
Nutrition**

Jennifer Bruning  
Monique Richard

**Fad Diets/Niche Diets**

Rahaf Al Bochi  
Jennifer Bruning  
Whitney Linsenmeyer  
John "Wesley" McWhorter

Debbie Petitpain  
Kristen Smith  
Caroline Susie  
Colleen Tewksbury

**Family Nutrition**

Rahaf Al Bochi  
Yasi Ansari  
Grace Derocha  
Theresa Gentile  
Vanessa King  
Kristen Smith

**Fast Food/Dining Out**

Sandra Arévalo  
Amy Bragagnini  
Debbie Petitpain  
Angel Planells  
Kristen Smith  
Caroline Susie

**Fats/Omega Fatty Acids**

Julie Stefanski

**Fiber**

Rahaf Al Bochi  
Nancy Z. Farrell Allen  
Vanessa King  
Kimberly Snodgrass

**Food Allergies/Food  
Sensitivities**

Nancy Z. Farrell Allen  
Jennifer Bruning  
Julie Stefanski

**Food As Medicine/  
Medically Tailored Meals**

John "Wesley" McWhorter  
Caroline Passerello  
Debbie Petitpain

**Food Insecurity**

Yasi Ansari  
Sandra Arévalo  
Monique Richard  
Whitney Linsenmeyer  
John "Wesley" McWhorter  
Debbie Petitpain

## Food Labels/ Label Reading

Nancy Z. Farrell Allen  
Lena Beal  
Jennifer Bruning  
Whitney Linsenmeyer  
Caroline Passerello  
Debbie Petitpain  
Kristen Smith  
Caroline Susie

## Food Policy and Food Programs

John “Wesley” McWhorter  
Colleen Tewksbury

## Food Preparation/ Meal Planning

Sandra Arévalo  
Grace Derocha  
John “Wesley” McWhorter  
Kristen Smith

## Functional Foods and Phytochemicals

Vanessa King  
Jamie Mok  
Monique Richard

## Gardening/Food Preservation

Nancy Z. Farrell Allen  
Jennifer Bruning

## Gastrointestinal Nutrition

Sue-Ellen Anderson-Haynes  
Amy Bragagnini  
Vanessa King  
Julie Stefanski

## Global Foods/ Meal Preparation

Jennifer Bruning

## Gluten Intolerance

Julie Stefanski

## Health Coaching

Sandra Arévalo  
Grace Derocha  
Theresa Gentile  
Vanessa King

## Health Education

Sandra Arévalo  
Jennifer Bruning  
Emma Laing  
Angel Planells  
Kimberly Snodgrass

## Health Fraud/Quackery

Emma Laing  
Whitney Linsenmeyer  
Colleen Tewksbury

## Healthful Shopping

Nancy Z. Farrell Allen  
Lena Beal  
Amy Bragagnini  
Grace Derocha  
Amy Kimberlain  
Jamie Mok  
Caroline Passerello  
Angel Planells  
Kristen Smith  
Kimberly Snodgrass  
Caroline Susie

## Herbal Remedies and Botanicals

Sue-Ellen Anderson-Haynes  
Sandra Arévalo  
Monique Richard

## High Blood Pressure

Rahaf Al Bochi  
Grace Derocha  
Amy Kimberlain  
Jamie Mok  
Angel Planells  
Melissa Ann Prest  
Kimberly Snodgrass  
Caroline Susie

## Infant Nutrition

Amy Reed

## Insulin Resistance and Metabolic Syndrome

Sue-Ellen Anderson-Haynes  
Theresa Gentile  
Amy Kimberlain

## Integrative and Functional Medicine

Sue-Ellen Anderson-Haynes  
Vanessa King  
Monique Richard

## Latino Nutrition

Sandra Arévalo  
Amy Kimberlain  
Angel Planells

## Legislation and Policy Issues

Nancy Z. Farrell Allen  
Lena Beal  
Colleen Tewksbury

## Malnutrition

Lena Beal  
Amy Bragagnini  
Emma Laing  
Melissa Ann Prest

## Maternal and Prenatal Nutrition

Rahaf Al Bochi  
Sue-Ellen Anderson-Haynes  
Sandra Arévalo  
Jamie Mok  
Caroline Passerello  
Kimberly Snodgrass

## Medical Nutrition Therapy

Nancy Z. Farrell Allen  
Yasi Ansari  
Lena Beal  
Amy Bragagnini  
Monique Richard  
Jessica Sylvester  
Colleen Tewksbury

## Men’s Nutrition

John “Wesley” McWhorter  
Debbie Petitpain  
Angel Planells

## Metabolism

Theresa Gentile  
Colleen Tewksbury

## Microbiome

Monique Richard

## Mindful/Intuitive Eating

Rahaf Al Bochi  
Yasi Ansari  
Amy Bragagnini  
Jennifer Bruning  
Grace Derocha  
Vanessa King  
Emma Laing  
Whitney Linsenmeyer  
Jamie Mok  
Monique Richard  
Kristen Smith

## Natural and Organically Grown Foods

Nancy Z. Farrell Allen

## Nutrient Analysis

Caroline Passerello

## Nutrigenomics

Jamie Mok  
Monique Richard

## Nutritional Assessment

Lena Beal  
Amy Reed  
Jessica Sylvester

## Nutrition and Dietetics Profession

Emma Laing  
Caroline Passerello  
Angel Planells  
Monique Richard  
Colleen Tewksbury

**Nutrition Education for Consumers**

Lena Beal  
Theresa Gentile  
John “Wesley” McWhorter  
Caroline Passerello  
Debbie Petitpain  
Kristen Smith

**Nutrition Education for Physicians**

Lena Beal  
Emma Laing  
Debbie Petitpain  
Amy Reed  
Jessica Sylvester

**Nutrition and Medical Care**

Jessica Sylvester  
Colleen Tewksbury

**Obesity and Weight Management**

Nancy Z. Farrell Allen  
Sue-Ellen Anderson-Haynes  
Sandra Arévalo  
Lena Beal  
Grace Derocha  
Theresa Gentile  
Vanessa King  
John “Wesley” McWhorter  
Angel Planells  
Kristen Smith  
Kimberly Snodgrass  
Caroline Susie  
Jessica Sylvester  
Colleen Tewksbury

**Osteoporosis**

Emma Laing

**Probiotics/Prebiotics**

Theresa Gentile

**Protein**

Debbie Petitpain  
Angel Planells  
Kristen Smith  
Julie Stefanski

**Ramadan Nutrition**

Rahaf Al Bochi

**Recipe Development and Makeovers**

Rahaf Al Bochi  
Sue-Ellen Anderson-Haynes  
Jennifer Bruning  
Amy Kimberlain  
Whitney Linsenmeyer  
John “Wesley” McWhorter  
Jamie Mok  
Kristen Smith

**Renal Nutrition and Dialysis**

Melissa Ann Prest  
Kimberly Snodgrass

**Research Review and Analysis**

Emma Laing  
Whitney Linsenmeyer  
John “Wesley” McWhorter  
Colleen Tewksbury

**School Meals**

Whitney Linsenmeyer  
Amy Reed

**Spanish Speakers**

Sandra Arévalo  
Amy Kimberlain

**Sports Nutrition and Fitness**

Yasi Ansari  
Lena Beal  
Amy Kimberlain  
Emma Laing  
John “Wesley” McWhorter  
Angel Planells  
Amy Reed  
Julie Stefanski

**Stress and Emotional Eating**

Rahaf Al Bochi  
Nancy Z. Farrell Allen  
Sandra Arévalo  
Amy Bragagnini  
Grace Derocha  
Angel Planells  
Kimberly Snodgrass  
Colleen Tewksbury

**Sugars/Sweeteners**

Nancy Z. Farrell Allen  
Sandra Arévalo  
Debbie Petitpain

**Supplements and Vitamins**

Yasi Ansari  
Vanessa King  
Emma Laing  
Debbie Petitpain  
Monique Richard  
Julie Stefanski

**Transgender Nutrition**

Whitney Linsenmeyer

**Vegetarian/ Vegan Nutrition**

Nancy Z. Farrell Allen  
Sue-Ellen Anderson-Haynes  
Yasi Ansari  
Amy Kimberlain  
John “Wesley” McWhorter  
Jamie Mok  
Debbie Petitpain  
Monique Richard

**Vitamin D**

Emma Laing  
Amy Reed  
Julie Stefanski

**Weight Bias and Stigma**

Amy Bragagnini  
Emma Laing  
Kristen Smith

**Wellness Nutrition**

Rahaf Al Bochi  
Yasi Ansari  
Grace Derocha  
Theresa Gentile  
Amy Kimberlain  
Vanessa King  
Emma Laing  
Jamie Mok  
Debbie Petitpain  
Angel Planells  
Kristen Smith  
Kimberly Snodgrass  
Caroline Susie  
Jessica Sylvester

**Women’s Nutrition**

Rahaf Al Bochi  
Sue-Ellen Anderson-Haynes  
Yasi Ansari  
Amy Bragagnini  
Theresa Gentile  
Vanessa King  
Caroline Susie  
Jessica Sylvester

**Worksite Nutrition**

Sandra Arévalo  
Jennifer Bruning  
Caroline Passerello  
Debbie Petitpain  
Caroline Susie

# Contact us:

[media@eatright.org](mailto:media@eatright.org)

800/877-1600 ext. 4769

[eatrightPRO.org/media](http://eatrightPRO.org/media)



Representing more than 112,000 credentialed nutrition and dietetics practitioners, the **Academy of Nutrition and Dietetics** is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.