



Lily Nichols, RDN CDE is an experienced speaker on the topics of prenatal nutrition and gestational diabetes, both for the lay public and professional audiences.

**reach out to book:** interviews (podcast, radio, TV), speaking engagements, & conferences at [lilynicholsRDN.com/speaking](http://lilynicholsRDN.com/speaking) or [hello@lilynicholsRDN.com](mailto:hello@lilynicholsRDN.com)

## fun facts

- Lily has been a guest on over 40 podcasts/radio shows
- Her first interview with Robb Wolf (on gestational diabetes) is among the top 5 most popular interviews on his Paleo Solution Podcast to date
- She's a frequent repeat guest on podcasts, including: Real Food Mamas, Startup Pregnant, Robb Wolf's Paleo Solution Podcast, Fertility Friday, Birthful, Modern Mamas, and more
- *Real Food for Pregnancy* inspired the updated curriculum for the prenatal nutrition course at Bastyr's midwifery program
- *Real Food for Gestational Diabetes* was central to the reform of the Czech Republic's updated 2016 gestational diabetes guidelines (which no longer specify a minimum level of carbs)

## official bio (full)

Lily Nichols is a Registered Dietitian/Nutritionist, Certified Diabetes Educator, researcher, and author with a passion for evidence-based prenatal nutrition. Drawing from the current scientific literature and the wisdom of traditional cultures, her work is known for being research-focused, thorough, and sensible. Her bestselling book, *Real Food for Gestational Diabetes* (and online course of the same name), presents a revolutionary nutrient-dense, lower carb approach for managing gestational diabetes. Her work has not only helped tens of thousands of women manage their gestational diabetes (most without the need for blood sugar-lowering medication), but has also influenced nutrition policies internationally. Lily's clinical expertise and extensive background in prenatal nutrition have made her a highly sought after consultant and speaker in the field.

Lily's second book, *Real Food for Pregnancy*, is an evidence-based look at the gap between conventional prenatal nutrition guidelines and what's optimal for mother and baby. With over 930 citations, this is the most comprehensive text on prenatal nutrition to date. Lily is also creator of the popular blog, [www.LilyNicholsRDN.com](http://www.LilyNicholsRDN.com), which explores a variety of topics related to real food, mindful eating, and pregnancy nutrition.

## bio (short)

Lily Nichols is a Registered Dietitian/Nutritionist, Certified Diabetes Educator, researcher, and author with a passion for evidence-based prenatal nutrition and exercise. Her work is known for being research-focused, thorough, and unapologetically critical of outdated dietary guidelines. She is the author of two bestselling books, *Real Food for Pregnancy* and *Real Food for Gestational Diabetes*.

## **past speaking engagements (select list)**

March of Dimes  
Midwives Alliance of North America  
Evidence Based Birth  
Paleo f(x)  
California Diabetes and Pregnancy Program: Sweet Success  
Sweet Success Extension Program  
Hoag Medical Center  
BabyTalkLA  
Diabetes World Summit

## **popular presentation topics**

Real Food Nutrition for Pregnancy  
Exercise During Pregnancy  
Safety of Low Carbohydrate Diets & Ketosis During Pregnancy  
Micronutrient Needs During Pregnancy: Conventional Recommendations vs. Optimal Intake  
Nutritional Management of Gestational Diabetes (with a Lower-Carb, Real Food Approach)  
What You Need to Know About Vitamin D & Pregnancy  
The 4th Trimester: Optimal Nutrition for Postpartum Healing & Breastfeeding

## **popular podcast interviews**

(see her press page for more: [lilynicholsRDN.com/press](http://lilynicholsRDN.com/press))

Robb Wolf's Paleo Solution Podcast (gestational diabetes controversies)  
episode 269

Startup Pregnant (prenatal nutrition basics and work-life balance as a mom)  
episode 43

Birthful (diagnostic tests for gestational diabetes)  
episode 143

Modern Mamas Podcast (in-depth discussion of prenatal nutrition)  
episode 39



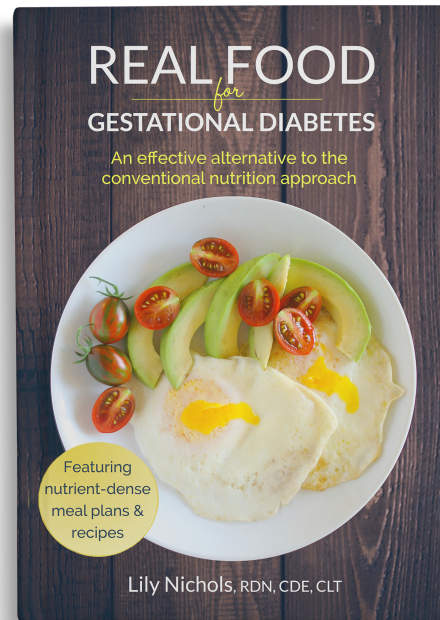
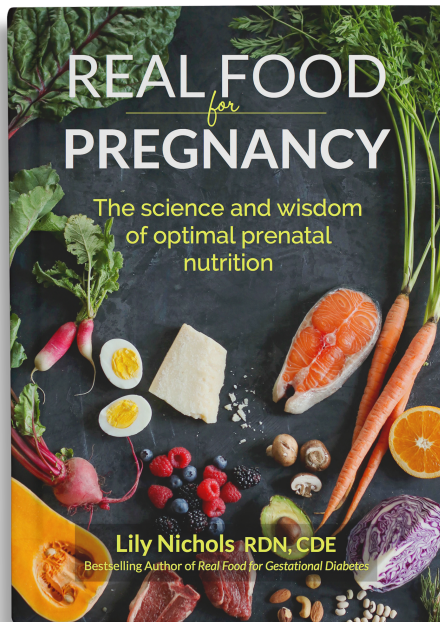
## website & contact

main website & blog: [lilynicholsRDN.com](http://lilynicholsRDN.com)  
for speaking gigs: [lilynicholsRDN.com/speaking](http://lilynicholsRDN.com/speaking)  
for interviews: [lilynicholsRDN.com/interviews](http://lilynicholsRDN.com/interviews)  
book websites: [realfoodforpregnancy.com](http://realfoodforpregnancy.com) & [realfoodforGD.com](http://realfoodforGD.com)

## social media

Instagram & Twitter: @LilyNicholsRDN  
Facebook: Lily Nichols, RDN

## books



## headshots

downloadable images at: [lilynicholsRDN.com/speaking](http://lilynicholsRDN.com/speaking)

