



Lily Nichols, RDN CDE is an experienced speaker on nutrition for preconception, pregnancy, and postpartum, both for the lay public and professional audiences.

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

fun facts

- Lily has been a guest on hundreds of podcasts & is a frequent repeat guest
- *Real Food for Pregnancy* is the #1 best-selling book on prenatal nutrition
- Lily's books are used as course textbooks (or required reading) for numerous college-level courses, including 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. Lily's clinical expertise and extensive background in prenatal nutrition have made her a highly sought after consultant and speaker in the field.

Her work in the field of gestational diabetes has not only helped hundreds of thousands of women manage their gestational diabetes (most without the need for blood sugar-lowering medication), but has also influenced nutrition policies internationally. You can learn more about her approach in her bestselling book, *Real Food for Gestational Diabetes* (and [online course](#) of the same name).

Lily is also the author of *Real Food for Pregnancy*, which provides 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. Since its publication, it has remained the #1 bestselling book on prenatal nutrition.

Lily's third book, *Real Food for Fertility* (co-authored with Lisa Hendrickson-Jack), is a comprehensive resource on optimizing preconception nutrition — for both partners — to improve outcomes in fertility, pregnancy, and beyond.

In addition to her books, Lily is founder of the [Institute for Prenatal Nutrition](#),[®] where she mentors other practitioners on perinatal nutrition.

You can learn from Lily's extensive library of articles on LilyNicholsRDN.com and get her Q&A and research briefs on her Substack, *The Real Food Brief*.

bio (short)

Lily Nichols is a Registered Dietitian/Nutritionist, Certified Diabetes Educator, researcher, and author with a passion for evidence-based prenatal nutrition. Her work is known for being research-focused, thorough, and sensible. She is the founder of the **Institute for Prenatal Nutrition®**, where she mentors health professionals, and is the author of three books: *Real Food for Pregnancy*, *Real Food for Fertility*, and *Real Food for Gestational Diabetes*. Lily's bestselling books have reached millions of readers worldwide, are used in university-level maternal nutrition and midwifery courses, and have even influenced prenatal nutrition policy internationally. She writes a long-form blog at <https://lilynicholsrdn.com> and provides Q&A and research briefs on her Substack, **The Real Food Brief**.

past speaking engagements (select list)

Women Infants & Children (WIC)
Metabolic Health Summit
March of Dimes
Midwives Alliance of North America
Evidence Based Birth
Oregon Midwifery Council
California Diabetes and Pregnancy Program: Sweet Success
Sweet Success Extension Program
Low Carb Denver
Association of Diabetes Care & Education Specialists (ADCES)

popular presentation topics

Nutrition Guidelines for Pregnancy: What Does the Science Tell Us?
Nutritional Management of Gestational Diabetes
Postpartum Recovery & Nutrient Repletion
Micronutrient Requirements in Pregnancy

popular podcast interviews

The Genius Life with Max Lugavere (what to eat during pregnancy) – episode 323
Just Ingredients (foods to nourish you and baby) – episode 58
Evidence Based Birth (the gap between evidence and nutritional practice) – episode 194
Be Well by Kelly (on ending the cycle of diabetes) – episode 43
She Births Show (on prenatal nutrition for improved outcomes) – season 6, episode 6

See her press page for more: lilynicholsRDN.com/press/



website & contact

main website & blog: lilynicholsRDN.com

for speaking gigs: lilynicholsRDN.com/speaking

for interviews: lilynicholsRDN.com/interviews

book websites: realfoodforfertility.com, realfoodforpregnancy.com & realfoodforGD.com

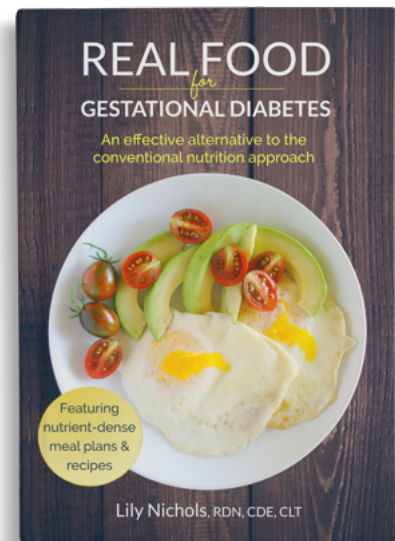
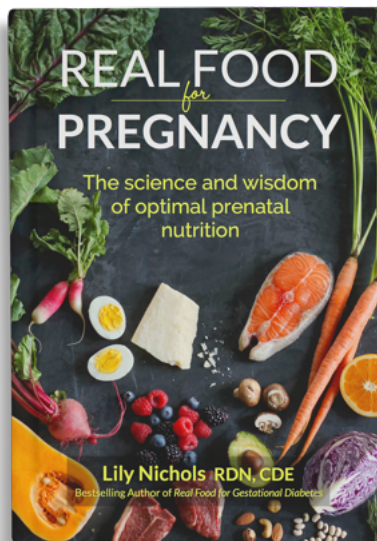
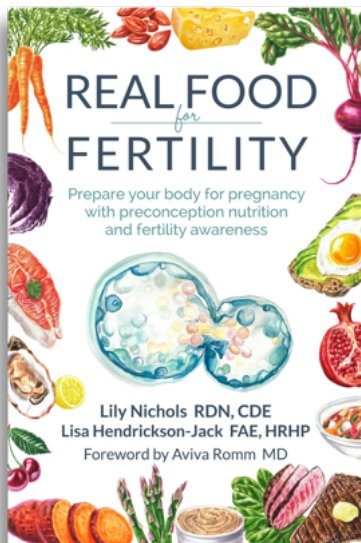
social media

Instagram & X: @LilyNicholsRDN

Facebook: Lily Nichols, RDN

Substack: The Real Food Brief

books



headshots

downloadable images at: lilynicholsRDN.com/press



Possible Interview Questions

Preconception & Fertility Nutrition

- Why is thinking about preconception nutrition important?
- How far in advance should individuals start paying attention to their diet before attempting to conceive?
- Are there specific nutrients or foods that are particularly crucial for supporting fertility? (or on the flip side) Are there certain foods or dietary patterns that can negatively impact fertility?
- Are there differences in the nutritional needs for men and women when it comes to fertility?
- What are some common misconceptions about nutrition and fertility that you encounter?
- What role do supplements play in supporting fertility?
- Beyond diet, what lifestyle and environmental factors should individuals be mindful of when it comes to fertility?
- What nutrition and lifestyle advice would you give to couples facing fertility challenges?

Prenatal Nutrition

- What are some of the top foods you recommend expecting mamas eat and why?
- What mistakes do most women make when it comes to nutrition once they become pregnant?
- Where can an expecting mom begin if she's wanting to eat healthier for herself and her baby but she's not sure where to start?
- Let's talk cravings. Lots of expecting moms have craving during pregnancy. Is this a sign of a nutritional need or is something else going on here? How do you approach cravings in pregnancy?
- For the pregnant mom who feels like they've "failed" because they haven't eaten the healthiest throughout their pregnancy, what would you tell her? Is it too late to benefit from nutrition changes later in pregnancy?
- In your books, you talk about how there's a gap between old dietary policies and new research? Can you talk a bit about some nutrients where the guidelines are lagging behind new data?
- How does the concept of "eating for two" during pregnancy affect dietary habits, and what is the correct approach to calorie intake and nutrition during this time?

Gestational Diabetes

- What exactly is gestational diabetes and why does it occur?
- Are there any misconceptions about gestational diabetes that you commonly encounter, and could you clarify or debunk some of these myths?
- What irks you about conventional gestational diabetes management plans?
- Could you explain the role of nutrition in managing gestational diabetes?
- Can gestational diabetes be prevented? If so, what do you recommend?
- Are there specific foods or nutrients that women should prioritize or avoid to help manage gestational diabetes?
- What is your opinion on the gestational diabetes diagnostic tests? (like the glucola/ glucose tolerance test or other alternatives)
- In your experience, what lifestyle changes beyond diet can help in managing gestational diabetes?

Postpartum Recovery & Breastfeeding Nutrition

- What nutritional considerations are essential for mothers during the postpartum period to aid in recovery and support overall well-being?
- How was the approach to postpartum recovery different in traditional cultures vs. western society? I've heard about the concept of the first 40 days; can you speak to that at all?
- How does a woman's nutritional needs change during breastfeeding, and what specific dietary adjustments do you recommend to meet these needs?
- Can you discuss the impact of a mother's diet on breastfeeding and the quality of breast milk? (What are some key nutrients crucial for lactating mothers?)
- Do you have any tips on how an expecting mom can plan ahead for her postpartum recovery so she doesn't have to worry about cooking right after giving birth?
- How important is hydration during the postpartum period and breastfeeding? Are there any specific recommendations for adequate fluid intake for lactating mothers?
- How would you respond to a new mom asking for help with weight loss? Is now the time to focus on that? What would you say to her?

