

KRISTY DEL CORO

MS, RDN, LDN

Culinary Nutritionist

ABOUT ME

I am a licensed dietitian nutritionist and professionally trained chef with a Masters in Clinical Nutrition from New York University and a Culinary Arts Diploma from the Institute of Culinary Education. With over 15 years of experience in culinary nutrition, I combine my strong foundation in clinical nutrition with my skills as a culinary professional to develop healthy flavorful recipes and educate others on how to apply nutrition science in the kitchen.

I am also the co-founder of the **Culinary Nutrition Collaborative**, a continuing education and consulting platform, as well as a freelance food and health writer. I have trained in and worked for a Michelin-starred group that focused on seasonal, sustainable, and nutritious menus and consulted for myriad food service operations and global food companies.

I am based in Maine and enjoy creating recipes inspired from cuisines around the world but my food style leans Mediterranean, tapping into my Greek-American roots.



15+

YEARS OF EXPERIENCE

Includes 7 years as the resident Culinary Nutritionist of a Michelin-starred restaurant and consulting group and over 5 years as the Co-Founder of the Culinary Nutrition Collaborative

50+

PRESS MENTIONS

Featured in National and International publications including the New York Times, Wall Street Journal, Bon Appétit, and Cnn.com, and named as one of the "40 under 40 Rising Stars" in FSR Magazine in 2014

125+

PUBLISHED WORKS

Includes published recipes, food + health articles, and continuing education coursework

*Contact
Information*

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📷 [@kristydelcoro](https://www.instagram.com/kristydelcoro)

🌐 www.kristydelcoro.com
🌐 www.culinarynutritioncollaborative.com



EDUCATION

The Institute of Culinary Education

Career Culinary Arts Diploma '10

New York University

M.S. in Clinical Nutrition '08

Memorial Sloan Kettering Cancer Center

Dietetic Internship Training '08

Boston College

B.A. in History '05



SELECTION OF AUTHORED ARTICLES

- [Meal Delivery Services for Health Conditions](#) (VeryWell Health, May 2022)
- [Health Benefits of Einkorn, the Mother of All Grains](#) (Well + Good, April 2022)
- [The Best Gluten-Free Foods on Store Shelves Right Now](#) (Well + Good, Oct 2021)
- [5 Spices That Not Only Taste Good, They're Good for You](#) (RealSimple May 2021)
- [Kelp Is the Healthy, Sustainable—and Delicious!—Food Experts Want Us to Eat More Of](#) (RealSimple, April 2021)
- [Yes, You Can Cook With Olive Oil Over High Heat—Here's Why](#) (RealSimple, February 2021)
- [A Beginner's Guide to Game Meat](#) (Spruce Eats, December 2020)

SELECTION OF MEDIA CONTRIBUTIONS

- [The One Snack That Makes Getting Protein and Omega-3s Easy](#) (Livestrong, Oct 2022)
- [Food Combining: Does It Work? Nutritionists Give Us the Real Answers](#) (Clean Plates, January 2022)
- [The Only 4 Techniques You Need to Know to Cook Every Vegetable](#) (Livestrong, January 2021)
- [5 Things to Do With Overripe Avocado \(Don't Throw It in the Trash!\)](#) (Livestrong, January 2021)
- [Why Probiotics are Crucial For Health](#) (Livestrong Aug 2020)
- [First Time Cooking from Home? Here's What You Need to Know](#) (CNN, 2020)



KNOWLEDGE & SKILLS

- Sustainable Food Sourcing
- Nutrient Dense Recipe Development
- Recipe Testing
- Family Meal Planning & Cooking with Kids
- Food and Health Writing
- Culinary Demonstrations and Workshops
- Event Planning
- Public Speaking
- Teaching and Training
- Nutrition Analysis
- Allergen Labeling



PARTNERSHIP OPPORTUNITIES

- Recipe Development
- Brand Ambassador & Spokesperson for Media Communications
- Sponsored Speaking Engagements
- Sponsored Culinary Demos & Cook-Alongs
- Sponsored Webinars
- Food Blogging
- Culinary Nutrition Advisor and Expert Resource
- R & D Consulting Services for New or Evolving Health Food Brands and Product Lines
- Content Creation



Contact Information

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