



MILLENNIAL NUTRITION

Millennial Voice. Social Media Enthusiast. Health-Conscious Foodie.



GILLEAN BARKYOUMB, MS, RD
Registered Dietitian.

MILLENNIAL NUTRITIONIST Gillean Barkyoub, MS, RD, is a talented speaker, writer, presenter, and media enthusiast based out of Gilbert, Arizona. She is a regular contributor to the Food & Nutrition Magazine blog, “Stone Soup,” and thrives in front of the camera. You will frequently see Gillean sharing nutrition tips on various networks including ABC, NBC, and FOX. Being a millennial herself, Gillean has a unique interest in investigating why her generation has a fascination with food and how that passion can be a driving force in changing the food environment of the world to be healthier and more ecofriendly.

FOR THE LAST HALF CENTURY, GENERATIONS HAVE DEFINED THEMSELVES BY THEIR FAVORITE MUSIC AND DRUG OF CHOICE. WE’VE SWAPPED IT OUT FOR CAGED-FREE EGGS, ORGANIC KALE, AND LOCAL CHEESE.

– Eve Turow,
A Taste of Generation Yum



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For millennials, food is not just a means of sustenance — it’s a defining characteristic of who they are. On Millennial Nutrition, Gillean explores this shift in our food culture. She connects with her fellow Gen Y’ers by sharing health and nutrition tips through Instagram-worthy food pics, credible and intriguing articles, and to-the-point videos. Topics include fun, trendy tips to stay healthy while still living the millennial lifestyle of travel, food festivals and craft beer tastings. Underneath the content of every piece lies a foundation of factual nutrition science—no diet fads or ingredient myths will be promoted here.



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MILLENNIAL NUTRITION

services

ON-CAMERA PERSONALITY

Gillean's confident and bubbly personality make her an on-camera star. She has hosted Livestream segments for a leading healthy & wellness company with over 9,000 unique viewers around the world. Additionally, she thrives in the fast-paced environment of morning & daytime news segments where she educates viewers on health & nutrition topics. She has been featured on the Arizona affiliates of ABC, NBC & FOX.



SPEAKER

Gillean is an inspiring, energetic speaker and is available for a keynote presentation, general session, half day or full day workshop, or as a host/moderator of the event. Her talks are specifically customized to suit your audience's needs and are available for intimate settings to very large groups, including corporate wellness lunch and learns and webinars.



BRAND AMBASSADOR

Gillean is available for brand representation. Her outstanding work in delivering key messages for her clients, includes but is not limited to: broadcast & print interviews, developing tips/quotes, consumer or media events, press releases, representative at professional and consumer trade shows, social media engagement (i.e. Facebook Chat, Twitter Party), webinars & writing branded blogs/articles, videos.

WHY WORK WITH GILLEAN?

If you're looking for a fresh, well-spoken, and confident nutrition expert, Gillean is the right person for you. She is fluent on many nutrition topics and provides a unique view on health and wellness as a millennial. When you work with Gillean, you work with a professional. She respects the time of her peers and is willing to do her part in creating a successful and mutually beneficial partnership.

CONTACT GILLEAN

BEGIN WORKING WITH GILLEAN TODAY!

To discuss opportunities, contact Gillean at gillean@millennialnutrition.com

