



# Jamie Baham

MS, RDN, LD

Clinical Dietitian & Chronic Disease Expert

Hi, I'm Jamie Baham, a Louisiana native, registered dietitian, and founder of *Ladybug Nutrition*. Growing up, I learned the power that food had to connect family and friends, and that love for gathering around the table still drives my work today. I have a passion for helping people enjoy their favorite cultural foods while still supporting their health, because food should nourish both the body and the soul. Through Ladybug Nutrition, I empower busy professionals and individuals with chronic illnesses to build joyful, realistic approaches to eating well. Whether I'm working with clients, teaching, or appearing in the media, my goal is to make nutrition approachable, fun, and sustainable for everyday life.

## AS SEEN IN

Better Homes  
& Gardens

health

Parade

EatingWell  
WHERE GOOD TASTE MEETS GOOD HEALTH

REAL SIMPLE

## THE NUMBERS

670M

Audience

3.3%

Social Media  
Engagement  
Rate

7.1K

Social Media  
Monthly Impressions



✉ [INFO@LADYBUGNUTRITION.COM](mailto:INFO@LADYBUGNUTRITION.COM)

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# SERVICES

## TV Segments

Broadcast, print, & web interviews

Social media content & engagement

Blog posts and recipes

Video and Facebook Live recipe demos

Media and nutrition counseling

Talent at events, desksides, & trade shows

Quotes and tips in press releases

Webinars and seminars

Advisory boards

Much more!

We just completed 12 weeks with Ladybug Nutrition!! The best 12 weeks of my cooking "career!" I learned so much and our food is healthier & more flavorful than ever before! Did I mention she is an absolute JOY to work with?! Tools I will use for a lifetime, thank you Jamie, you have been a game changer!!!

- RECENT CLIENT

## SOCIALS

📷 1.5K

@ladybugnutrition  
@jamieakaladybug

f <1K

@ladybugnutrition

✉ <1K

info@ladybugnutrition.com

## AUDIENCE DEMOGRAPHICS



80%  
FEMALE



20%  
MALE



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