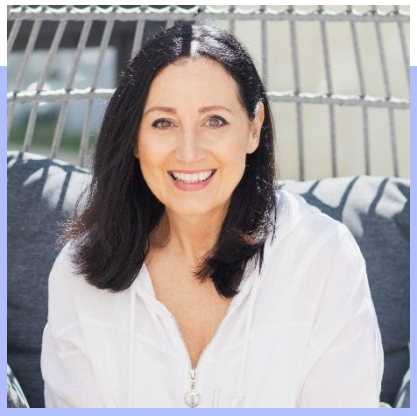
jackie newgent

PLANT-FORWARD CULINARY NUTRITIONIST



go for great taste
aim for plant-based
try not to waste

meet jackie newgent, rdn, cdn

brand advisor | media partner | plant-based expert | recipe creator

Jackie Newgent is a culinary wellness powerhouse: a classically trained chef, registered dietitian nutritionist (RDN), and acclaimed cookbook author of six titles. A respected media personality and strategic advisor to national food companies, she blends culinary skill with nutrition science and brand insight. Her background includes work with major media outlets, including Food Network Kitchens as recipe developer. She's a contributing writer for Health. Jackie serves on the 2026 advisory boards for Forbes Health and The Non-UPF Program, works as a nutrition coach for My Peak Challenge, and teaches at The Gourmandise School while also offering private instruction. With experience as a CPG food company founder, Jackie understands the food industry inside out. Her regular media presence includes appearances on programs like Good Morning America. A passionate advocate for culinary wellness, she champions sustainable, plant-forward cuisine and shows how thoughtful eating supports climate health, wellbeing, and exceptional flavor.

stats

social media

10.2K	5.6K	1.5K	97.9K	5K	4.3K
		personal + pro	total views	monthly views	

website: jackienewgent.com

active users/month	8.4K
recipe subscribers	~1K

and more

>1,000 media interviews with major media outlets

plant-forward partnership opportunities

Jackie Newgent is a rarity in the food world, embodying culinary expertise while blending registered dietitian credentials, classical chef training, and media savvy. She transforms projects with passion, innovative thinking, and infectious enthusiasm. Jackie doesn't just participate in food media; she elevates every brand she touches.

nutrition, culinary & strategic advisory services

brand & product strategy

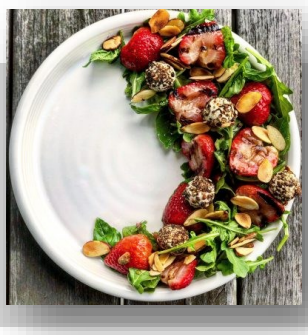
· fractional chief nutrition officer (CNO) or culinary advisor
· nutrition-forward product, ingredient & recipe development
· portfolio strategy & brand positioning

content & media leadership

· recipe, editorial & thought-leadership content
· brand storytelling for blogs, newsletters & webinars
· brand spokesperson across TV, print & digital media

industry & experiential engagements

· keynote speaking, panels & event hosting
· culinary demos, workshops & brand activations
· competition judging & trade show representation



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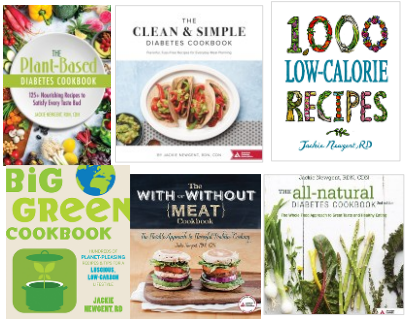
highlights

- cooking instructor at award-winning culinary school for >15 years & award-winning cookbook author
- former national media spokesperson for the academy of nutrition & dietetics x three years
- regularly interviewed by national media— past tv appearances include good morning america
- cooking video talent for major outlets, such as food network kitchens, verywell health & women's health
- 2026 forbes health advisory board member

cookbooks



as seen in

EatingWell
SELF
GMA
LIVESTRONG
Prevention
Eat This, Not That!
EVERYDAY HEALTH
CBS
food network kitchen
CNN health

links for more info

- jackie's services & past partnerships
- press: interviews with jackie
- press: written by jackie
- jackie's recipe blog
- contact jackie newgent

affiliates

eat right PRO
Meatless Monday Ambassador
FCP eat right
Cozymeal
MPC
2026 Forbes Health Advisory Board 2026 Member
The Non-UPF Program Advisory Board
nonupfprogram.org