



[Meet Karen](#)

Karen Collins is a registered dietitian nutritionist who promotes healthy eating as a speaker, consultant, and writer. Karen's trademarked tagline, "Taking Nutrition from Daunting to Doable", highlights her focus on translating current research to help people see beyond headlines and put complex information in perspective of overall research. A variety of health professional organizations and conferences for the general public call on Karen to speak, particularly on topics related to nutrition for heart health, cancer risk reduction and survivorship, and their intersection.

A Fellow of the Academy of Nutrition and Dietetics and recipient of its 2024 Medallion Award, Karen has authored multiple book chapters and peer-reviewed research summaries for health professionals related to cancer prevention and cardiovascular nutrition. She has also penned over 2,000 nutrition-related articles for the public.

Among her most visible consultant roles, Karen has served for decades as Nutrition Advisor to the American Institute for Cancer Research (AICR). In 2019, AICR presented her with its first Distinguished Service Award, citing her expertise in translating nutrition research into empowering, evidence-based messages. She writes for the AICR blog, and also writes reviews putting nutrition research in perspective that are accessed via her website, KarenCollinsNutrition.com.

Based in western New York, Karen conducted a long-time private practice in nutrition counseling, helping people develop realistic strategies for achieving health goals. Karen has served as Chair of the Academy of Nutrition and Dietetics' Sports, Cardiovascular and Wellness Nutrition (SCAN) dietetic practice group, and has been presented with SCAN's award for Excellence in Practice in Wellness. Karen holds a BS degree in dietetics from Purdue University and an MS degree in nutrition from Cornell University.

CV available upon Request

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