

Susannah Wallenstrom, MPH, RDN

Pediatric Nutrition Expert | Registered Dietitian | Nutritionist



About Susannah

Susannah is a pediatric registered dietitian in the Bay Area who bridges the gap between nutritional science and the challenges facing everyday busy parents. Targeting students, coaches, athletes, and parent groups, she speaks about how best to feed and nourish themselves and their families.

Susannah encourages parents to think beyond “what to feed” and take a broader approach, allowing all foods to fit in a balanced, healthy eating plan.

Susannah is the owner of Marin Nutrition Consulting and is the dietitian for Golden Gate Pediatrics and Tamalpais Pediatrics in Marin and San Francisco. She has a B.A. from the University of Virginia and completed her Masters in Public Health and Nutrition at the University of North Carolina—Chapel Hill.

Speaking Topics

“Modern Food, Feeding, and Parenting Solutions for Growing Healthy Kids”

Presenting real-life solutions to struggles parents face in feeding their children, Susannah inspires her audiences to let go of food battles and find more peace at the family table.

How to Eat So You Can Compete: Demonstrating how teen athletes can edge out the competition and fuel their bodies for maximum performance, Susannah covers the timing of meals and snacks, best foods for pre-game and recovery, and how to eat well with a demanding schedule. Designed for teen athletes and their parents and coaches.

This talk can be modified for each specific sport:

Eat + Run | Eat + Play Soccer | Eat + Row | Eat + Play Lacrosse | Eat + Swim

Nutrition for Athletic Girls: Focused on the particular needs of the female athlete, Susannah presents the dangers of dieting, healthy body image, and meeting nutrient needs for growth and sport during adolescence.

Nutrition for Athletic Boys: Tailored to the male athlete, Susannah covers nutritional needs during adolescence, pre and post- game fueling, and an overall healthy lifestyle.

Other Popular Topics

Nutrition for the Modern Toddler: Got a picky eater? This talk is for parents of toddlers age 1-4 who want modern strategies for tackling the challenges of picky eating. Preserve your relationship with your toddler and help them have a healthy relationship with food.

Nutrition for the Modern Baby: Is your baby ready to start solids? Susannah helps parents navigate the “what” and the “how” of feeding their babies. Start the feeding process successfully with the knowledge and tools gained in this talk.

TESTIMONIALS

“Susannah has presented a sports nutrition talk to our high school cross country team the last two years. Her presentation addresses the complex issues around athletics/training/performance and nutrition in an age appropriate and understandable format. Using lots of examples and practical information, she gives athletes the building blocks and information they need to make better decisions about their own food choices and overall nutrition.

Topics included everything from what to eat race day to the importance of proper fueling after a hard workout. Susannah also covered gender specific issues particularly as they affect endurance athletes. Having Susannah Wallenstrom talk to our team has had a huge positive impact and provided our students with information and tools that will help them for the rest of their lives.”

- Tim and Diana Fitzpatrick
Marin Catholic Cross Country

“Susannah speaks as both an experienced nutritionist and a mother of three. She bridges the gap between nutritional science and the challenges of everyday busy parents. Susannah’s advice balances professional knowledge and practical tools for parents to feed their children healthy meals with compassion and understanding. I would recommend her to anyone.”

-D.M.

To book Susannah for your next event, please contact Susannah@marinnutritionconsulting.com with your booking request.