DR. SU-NUI ESCOBAR DCN, FAND, RDN

Speaker • Registered Dietitian & Doctor of Clinical Nutrition • GLP-1 & Menopause Nutrition Expert

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ABOUT DR. ESCOBAR

Dr. Su-Nui Escobar, DCN, FAND, RDN, is a Miami-based registered dietitian and doctor of clinical nutrition with more than 20 years of experience spanning clinical practice, higher education, and national media. A national spokesperson for the Academy of Nutrition and Dietetics and lead spokesperson for major bilingual health campaigns (PEP-Milk, Pasta Advisory Committee), she has appeared on Mayo Clinic podcast and presented at FNCE, the Today's Dietitian Symposium, the American Diabetes Association, and the National Kidney Foundation Symposium. Fluent in English and Spanish, Dr. Escobar is known for translating complex nutrition science — especially around GLP-1 medications and menopause — into clear, practical guidance for clinicians, patients, and general audiences alike.

SIGNATURE SPEAKING TOPICS

GLP-1 & Weight Loss Nutrition

- Using CGM to Inform Clinical Nutrition Decisions in GLP-1-Supported Weight Loss
- The Vital Role of the RD in Optimizing GLP-1 Agonists for Weight Loss
- Semaglutide for Weight Loss: The RDN's Role
- Life After GLP-1

Menopause & Women's Health

- Nutrition to Ease Menopause Symptoms
- Embracing Change: Menopause's Impact on Weight and How to Thrive
- Navigating Perimenopause: Hormones, Weight & Sustainable Nutrition
- Menopause and Weight Loss

SELECTED SPEAKING ENGAGEMENTS

- FNCE, San Antonio, TX — Fueling the Athlete on GLP-1 Medications, 2026
- Berry St. Webinar — Menopause and Metabolic Health, 2026
- Academy of Nutrition and Dietetics, GLP-1 Meet Up Oral Medications (Webinar), 2026
- Berry St. Webinar — Using CGM to Inform Clinical Nutrition Decisions in GLP-1-Supported Weight Loss, 2026
- Academy of Nutrition and Dietetics, GLP-1 Meet Up (Webinar), 2026
- FNCE, Nashville, TN — Navigating Nutrition, Diet & Social Media Trends for GLP-1 Patients (Moderator), 2025
- Today's Dietitian Spring Symposium — Life After GLP-1, 2025
- National Kidney Foundation, SCM25 — The Role of the RD in Treating Obesity in ESRD, 2025
- Tennessee Academy of Nutrition and Dietetics — GLP-1 for Weight Loss: The Role of the RD, 2025
- American Diabetes Association — Treating People Living with Obesity in Clinical Care, 2024
- Weight Management DPG, Academy of Nutrition and Dietetics — Embracing Change: Menopause's Impact on Weight, 2024

MEDIA & RECOGNITION

- National Spokesperson, Academy of Nutrition and Dietetics (2020–2022)
- National Campaign Spokesperson, Latin Market — PEP-Milk Campaign (2008–2019) and Pasta Advisory Committee (2016–2018)
- Podcast guest: Mayo Clinic, Living Plate (×2), and Life Extension (2024–2025)
- Greater South Florida Dietitian of the Year (2020) • Outstanding Educator, South Florida AND (2020) • Emerging Leader Award, Miami AND (2018)

CREDENTIALS

- DCN, University of North Florida • FAND • RDN • 20+ years in clinical nutrition, weight management & media
- Published author — see page 2 for books, full publication list & extended speaking history

COLLABORATE WITH DR. ESCOBAR

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DR. SU-NUI ESCOBAR — BOOKS, PUBLICATIONS & EXTENDED HISTORY

PUBLISHED BOOKS

- The GLP-1 Kitchen — Co-authored with Liz Weiss, RDN, and Rosanne Rust, RDN. A cookbook created for people using GLP-1 medications. 2025
- Easy Nutrition Guide to Lose Weight on Semaglutide. 2024
- ¿Qué Comeré? La Dieta Renal Latina: Ricas Recetas Latinas Para el Paciente Renal y su Familia (2017) — Co-authored with Rocío García. A Spanish-language renal-diet cookbook of Latin recipes for kidney patients and their families.

SELECTED PUBLICATIONS & ARTICLES

- Prevention and Treatment of Overweight and Obesity in Adults. Florida Care Manual. (Pending publication)
- GLP-1 Unpacked: Expert Answer to the Questions Dietitians Often Ask.Weight Management DPG Newsletter. Co-authored with Melissa Mitri, RDN, and Steph Warner, MS, RDN, CSOWM. 2024.
- Navigating Menopause. Academy of Nutrition and Dietetics. 2025.
- Menopause and Weight Loss. Weight Management DPG Newsletter. 2024.

BLOGS, SOCIAL MEDIA & NEWSLETTER

- www.menopausebetter.com
- www.nutritionforweightloss.com
- Instagram: @nutritionforweightloss
- Weekly newsletter

EXTENDED SPEAKING HISTORY

- **Healthcare Professional Talks —** Semaglutide for Weight Loss: The Role of the RD, Webinar – Ghana, Africa (2025) • Nutrition to Ease Menopause Symptoms, South Florida AND (2025) • Menopause and Weight Loss, EmpoweRD (2024) • Nutrition to Ease Menopause Symptoms, New Mexico AND (2024) • A Culinary Journey through Holiday Favorites in Latin Cuisine, Florida AND (2023) • Best Practices for Working with Interns and Volunteers & Are Chatbots the Future of Marketing?, RD Entrepreneur Symposium (2022) • Best Practices in Virtual Experiential Learning, NDEP (2021) • Culinary Nutrition, South Florida AND (2019) • Media Training for Nutrition Professionals (2016) • Sugar Myths, Miami AND & Dietitian Central (2015) • Nutrition for Health Care Professionals, University of Miami (2008–2009)
- **On-Campus & Institutional —** Obesity and Organ Transplantation & Updates ADA for Behavioral Health Physicians, Jackson Memorial Hospital (2025) • Social Media for Health Care Professionals & Breastfeeding: The Love, the Challenges, and How to Guide New Moms, Nova Southeastern University (2020–2021) • recurring lecture series for medical residents and fellows, Larkin Community Hospital Graduate Medical School (2011–2017)
- **Public Talks & Podcasts —** Nutrition for Weight Loss (2025) • Caribbean Health Initiative – Culinary Nutrition (2020) • Creating a Harmonious and Nutritious Routine During COVID (2020) • Podcast guest: Mayo Clinic, Living Plate (×2), Life Extension (2024–2025)

PROFESSIONAL LEADERSHIP & AFFILIATIONS

- Weight Management DPG — IDEA Chair (2025–2027)
- South Florida Academy of Nutrition and Dietetics — President (2019–2020), President-elect (2018–2019), Website Chair (2023–2024), Newsletter Chair (2024–2025)
- Academy of Nutrition and Dietetics Hispanics in Dietetics and Nutrition — Program Chair (2010–2012)
- Miami Academy of Nutrition and Dietetics — Treasurer (2017–2018), Media & PR (2006), Legislative Committee (2003)

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