



Emi (Trost) Jacobson, MS, RD

Emi grew up on a farm in rural southeastern Minnesota where she thrived on home education and running around as free as a bird on her family's acreage.

She joined the Cannon Falls cross country and track teams in eighth grade and improved steadily each year. She became a three-time state champion in cross country, the 800m, and 3200m before continuing to run locally for the University of Minnesota-Duluth. Some of her highlights during her four years there include: eleven All-American honors, seven school records, 800m and 1500m champion at the Drake Relays and NCAA Division II national champion in the 1500m. After graduating with a degree in exercise science, she joined professional running team, Minnesota Distance Elite in 2018. She trained and competed at an elite level for six years while completing her master's degree in nutrition and dietetics.

Emi's passion for nutrition grew out of her love for homegrown food and overcoming her difficult experiences with low energy and disordered eating in college. Her priority as a holistic dietitian is to support young athletes and families to optimize nutrition so they can perform at their best and improve their health for the long run.

High School Personal Bests:
800: 2:13
1600: 4:50
3200: 10:52

College and Professional Personal Bests:
800m 2:04
1500m 4:12
Mile: 4:37
3k 9:31
5k: 17:13
6k: 19:51