

Nutrition A La Mesa

About Me

Paloma Vega, MS, RDN, LD is a Registered Dietitian Nutritionist (RDN) based in Georgia making nutrition education culturally accessible and sharing recipes, meal prep ideas, day in the life vlogs, and nutrition tips

As a practicing clinician, I bridge the gap between clinical nutrition education and everyday grocery decisions, showing people how to turn simple, convenient foods into balanced, blood-sugar-friendly meals.

Recently featured on Telemundo and Univision for diabetes nutrition education, further establishing authority as a trusted voice in this space!



Paloma Vega,
Registered Dietitian

**Bilingual Nutrition Educator
& Content Creator**

TikTok:

22K+ followers | Monthly Views: 130K | Average views/Video: 7.5K

Location: Georgia

Email:

nutritionalamesa@gmail.com

Tiktok: @nutritionalamesa

Website: nutritionalamesa.com

YouTube & Instagram: @nutritionalamesa

Specific Niches:

diabetes, pre-diabetes, weight management, high fiber + protein meal ideas/tips, and bilingual nutrition

Why Brands Partner With Me- As a Dietitian

- Build trust through evidence-based education as a licensed healthcare professional
- Influence real grocery purchasing decisions through clinical recommendations
- Translate products into practical, balanced meal strategies
- Provide brand-safe, science-backed messaging
- Reach an audience actively seeking health-supportive food solutions

Audience Snapshot

- Adults 25–45
- Individuals managing prediabetes or type 2 diabetes
- Women focused on sustainable weight loss
- Busy professionals & parents seeking practical solutions
- Bilingual / culturally diverse audience

Age:

18-24: 10%
25-34: 38.4%
35-44: 32.7%
45-54: 13.8%
55+: 5.1 %

Top Locations:

78.6% United States
20.9% Mexico

87 % Women
12 % Males

Top States: California, Texas, Illinois, Colorado, Arizona, New York

Content Pillars

- Nutrient-specific education +tips
- Blood sugar-friendly meal builds
- Practical grocery shortcuts (e.g., salad kits, high-protein staples)
- Culturally relevant balanced meals
- “Day in the Life” realistic nutrition

As Seen In:



Custom packages available for multi-post campaigns, email integration, and long-term partnerships.