

# Nutrition A La Mesa

## About Me

**Paloma Vega, MS, RDN, LD** is a **Registered Dietitian Nutritionist** based in Georgia who makes nutrition education culturally accessible through **realistic recipes, meal prep ideas, day-in-the-life content, and practical nutrition tips.**

As a practicing clinician, she bridges the gap between clinical nutrition guidance and everyday grocery decisions, helping people turn simple, convenient foods into balanced, blood-sugar-friendly meals.

Paloma has been featured on Telemundo and Univision for diabetes nutrition education and is frequently quoted as a nutrition expert in major lifestyle and wellness publications including EatingWell and Real Simple, further establishing her as a trusted voice in evidence-based, approachable nutrition.



Paloma Vega,  
Registered Dietitian

**Bilingual Nutrition Educator  
& Content Creator**

## TikTok:

**24K+ followers | Monthly Views: 130K | Average views/Video: 7.5K**

**Location:** Georgia, USA

**Email:**

nutritionalamesa@gmail.com

**TikTok:** @nutritionalamesa

**Website:** nutritionalamesa.com

**Specific Niches:**

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

**1K+ YouTube subscribers**

**YouTube & Instagram:** @nutritionalamesa

## 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

#### As Seen In:

#### 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



EatingWell.



REAL SIMPLE

**Available for sponsored content, recipe development, brand testimonials, media writing, webinars, expert commentary, and educational campaigns.**