



Whitney English Tabaie is a Registered Dietitian Nutritionist known for her engaging and evidence-based communication style. Whitney's "Predominantly Plant-Based" nutrition philosophy is geared toward combating chronic disease and promoting longevity and is in stark contrast to the fad diets she encountered as a Hollywood news reporter. Her dedication to unbiased reporting makes her the perfect partner for spreading credible nutrition information to the masses.

Whitney, also known as "Whitney E. RD," runs a popular blog and thriving show on YouTube, "The Sitch," where she serves up the scoop on food and fitness trends. She has been featured on popular mainstream media outlets such as Good Day LA, People.com, E! News, Today's Dietitian, Popsugar, Fab Fit Fun, BuzzFeed, Men's Health, Shape, and Huffington Post Taste, to name a few. She is also the nutrition correspondent and on-camera talent for Zoom Media, a distribution network that airs in global fitness centers, such as LA Fitness, Gold's Gym, and New York Sports Club.

Whitney spent more than 10 years as a journalist and on-camera reporter in Los Angeles for well-known outlets such as E! News, MSN, and SheKnows.com. In 2013, she left the world of entertainment to pursue a career in nutrition and fitness. In 2017, she earned a master's degree in Nutrition, Healthspan, and Longevity and completed her dietetic internship at the University of Southern California's Norris Cancer Center and Keck Medical Center as well as Breathe Healing Life Center. Her experience working in cancer research fueled her curiosity for using food and fitness to promote lasting health and helped shape her Predominantly Plant-Based philosophy. In addition to being a Registered Dietitian Nutritionist, Whitney is also a National Academy of Sports Medicine (NASM) Certified Personal Trainer.