

For Immediate Release

Fiorella DiCarlo, RD, CDN, Brings On-Camera Nutrition Expertise to South Florida



South Florida, FL — July 2026— Fiorella DiCarlo, RD, CDN, is an Italian-born Registered Dietitian, on-camera food correspondent, and published author poised to make waves in South Florida's market as a **Media Dietitian and Nutrition Expert available for media appearances, expert commentary, and brand collaborations.**

The creator of [FiorellaEatsTV](#) and host of [Living in Italian](#) and [To Eat with Love: Mediterranean by Fiorella](#), DiCarlo has been featured on [NY1 News](#), [South Florida Live](#), and [PBS All Health Go](#), and quoted in [Forbes](#), [Women's Health](#), and [Fox News](#). She has also developed the [GLP-1 Stability System™](#), a proprietary nutrition approach for individuals using GLP-1 medications, and is actively seeking collaborations for nutrition, lifestyle, and cooking segments with media outlets.



"I love translating nutrition science into approachable, engaging, and actionable content," said DiCarlo. "My goal is to support audiences, brands, and media partners with expertise that feels both credible and relatable."

DiCarlo is a **Brand Ready Spokesperson** and an Expert with Influence, available to curate healthy branding and provide authority-based health marketing for wellness brands and products. She can create nutrition or cooking segments and is available for commentary on medical nutrition-related conditions.

In addition to her media work, DiCarlo brings her on-camera presence and signature style to **NYC food events**, including the Big Apple Barbecue Block Party, and is known for [baking bread](#) and making pizza at Amy's Bread. She is the author of two published books, [Crostini & Wine: Healthy Entertaining Italian Style](#) and [Salads of Southern Italy](#).

DiCarlo holds a Bachelor of Science in Nutrition and Food Science, along with two post-graduate degrees in the treatment of eating disorders from the Women's Therapy Centre Institute and the William Alanson White Institute of Psychiatry, Psychoanalysis, & Psychology. She maintains a thriving private practice specializing in **Eating Disorders, GLP-1 Nutrition Support, Weight Management, Medical Nutrition Therapy, and Menopause.**

For media inquiries, collaborations, or speaking opportunities, please contact:

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