

Media Interviews List
Mitzi Dulan, RD
www.nutritionexpert.com

National Television Programming

January, 17, 2006. Nutrition expert to housemates on Emmy-award winning show *Starting Over*.
December 16, 2005. Nutrition expert to housemates on Emmy-award winning *Starting Over*.

TV Interviews

September 21, 2006. Healthy Snacking with Dannon Light and Fit Crave Control.

- conducted television interviews with the following stations:
- KNSD NBC- San Diego, CA
- WISN ABC- Milwaukee, WI
- WDTN NBC- Dayton, OH
- WPTY ABC- Memphis, TN
- KYTX CBS- Tyler, TX
- KYMA NBC- Yuma, AZ
- KOB NBC- Albuquerque, NM
- KHGI ABC- Lincoln, NE
- News 12 IND- Hartford, CT

July 28, 2006. New USDA Analysis of Pork. WIBW CBS- Topeka.

August 14, 2006. New USDA Analysis of Pork. KSHB NBC- Kansas City.

March/April 2006. Healthy Snacks Media Tour

- WBAL NBC- Baltimore, MD
- WTTG FOX- Washington DC
- WAGA FOX- Atlanta, GA
- KSDK NBC- St. Louis, MO
- WJBK FOX- Detroit, MI
- WKYC NBC- Cleveland, OH
- WFLA NBC- Tampa, FL
- KARE NBC- Minneapolis, MN
- At Home- Live- Fort Worth, TX
- KNXV ABC- Phoenix, AZ

January 15, 2006. Starting Over appearance promotion. KMBC ABC-Kansas City.

December 12, 2005. Holiday Pork Segment. WDAF FOX- Kansas City

December 10, 2005. Holiday Pork Segment. KCTV CBS-Kansas City.

December 9, 2005. Holiday Pork Segment. WIBW CBS- Topeka.

October 6, 2005. SunMilk Media Tour. FOX- San Diego, CA.

October 5, 2005. SunMilk Media Tour. NBC- San Diego, CA.

August 4, 2005. Girl's Guide to Grilling. NBC Springfield, MO.

February 23, 2005. Spa Cuisine SMT in Solon, Ohio

- conducted 20 television interviews

April 9, 2004. Easter Ham. KSNT NBC- Topeka.

April 4, 2004. Easter Ham. KCTV CBS- Kansas City.

March 29, 2004. Easter Ham. WIBW CBS- Topeka.

March 16, 2004. Lean Cuisine Entrees. WDAF FOX- Kansas City.

March 10, 2004. Lean Cuisine Entrees. KFTY IND- Santa Rosa, CA.

March 8, 2004. Lean Cuisine Entrees. KMAX UPN- Sacramento, CA.

March 8, 2004. Lean Cuisine Entrees. KOVR CBS- Sacramento, CA.

March 5, 2004. Lean Cuisine Entrees. Family Net/Cable.

March 5, 2004. Lean Cuisine Entrees. WFAA ABC- Dallas, TX.

March 4, 2004. Lean Cuisine Entrees. KTBC FOX- Austin, TX.

March 2, 2004. Lean Cuisine Entrees. WVIT NBC- Hartford, CT.

March 1, 2004. Lean Cuisine Entrees. WTNH- Hartford, CT.
 February 26, 2004. Lean Cuisine Entrees. WCMH NBC- Columbus, OH.
 February 25, 2004. Lean Cuisine Entrees. WSYX ABC- Columbus, OH.
 February 25, 2004. Lean Cuisine Entrees. WBNS CBS- Columbus, OH.
 February 24, 2004. Lean Cuisine Entrees. WKRC CBS- Cincinnati, OH.
 January 28, 2004. Super Nutrition for the Super Bowl SMT in Houston with AKA media.

- conducted 21 television interviews with the following stations:
- WFMJ NBC- Youngstown, OH
- LSFU ABC- Sioux Falls, SD
- WJBF ABC- Augusta, GA
- WRGB CBS- Albany, NY
- WSBT CBS- South Bend, IN
- KYTV NBC- Springfield, MO
- KPHO CBS- Phoenix, AZ
- WHNT CBS- Huntsville, AL
- KCCI CBS- Des Moines, IA
- KRQE ABC- Albuquerque, NM
- WFMY CBS- Greensboro, NC
- KOAA NBC- Colorado Springs, CO
- KGUN ABC- Tucson, AZ
- WTWO NBC- Terre Haute, IN
- WHKY IND- Charlotte, NC
- WGHP FOX- Greensboro, NC
- KIDK CBS- Idaho Falls, ID
- KBAK CBS- Bakersfield, CA
- KOVR CBS- Sacramento, CA
- KOAM CBS- Pittsburgh, PA
- WTAJ CBS- Johnstown, PA

January 10, 2004. Frozen Vegetables vs Fresh. KCTV CBS- Kansas City.
 December 26, 2003. New Year's Resolutions. KSHB NBC- Kansas City.
 December 13, 2003. Holiday Pork Initiative. KCTV CBS- Kansas City.
 December 12, 2003. Holiday Pork Initiative. KSHB NBC- Kansas City.
 December 2, 2003. Holiday Pork Initiative. KSNT NBC- Topeka.
 December 1, 2003. Holiday Pork Initiative. WIBW CBS- Topeka.
 October 16, 2003. Diabetes and Obesity Initiative. WIBW CBS- Topeka.
 September 18, 2003. Diabetes and Obesity Initiative. KSNT NBC- Topeka.
 September 13, 2003. Diabetes and Obesity Initiative. KCTV CBS- Kansas City.
 October 1, 2002. National Eat Dinner Together Week. KTKA ABC- Topeka.
 March 30, 2002. Easter Ham. KCTV CBS- Kansas City.
 March 27, 2002. Easter Ham. KSNT NBC- Topeka.
 March 20, 2002. Easter Ham. WIBW CBS- Topeka.
 March 20, 2002. Easter Ham. KTKA ABC- Topeka.
 December 20, 2002. Holiday Rack of Pork. WIBW CBS- Topeka
 December 20, 2002. Holiday Rack of Pork. KTKA ABC- Topeka.
 December 6, 2002. Holiday Rack of Pork KTKA ABC- Topeka.
 April 18, 2001. Foster Farms. UPN- Portland.
 April 4, 2001. Nutrition and exercise for people losing jobs. Techtv- National broadcast.
 March 29, 2001. Foster Farms. CBS-News at Noon with Dewey Hopper- Sacramento.
 March 19, 2001. Senior Nutrition. Dr. Dean Edell.
 March 16, 2001. Just Say Cheese. Dr. Dean Edell.
 March 9, 2001. Foster Farms. KXTV ABC- Sacramento.
 March 9, 2001. Foster Farms. KMAX UPN- Good Day Sacramento.
 March 1, 2001. Foster Farms. KFTY 50 Independent- Santa Rosa.
 March 2001 (aired thousands of times). Ways to reduce your risk for heart disease and stroke.
 United Airlines, The Food Network, TWA. American Heart Association, Foster Farms, Tropicana.
 February 6, 2001. Nutrition for the Immune System. ABC- San Francisco.

December 20, 2000. Holiday Eating. Dr. Dean Edell.
November 22, 2000. Food Safety for the Holidays. Bay TV.
September 12, 2000. The Perfect Plate. Dr. Dean Edell.
August 12, 2000. Grilling with Pork. Full Bloom.
July 28, 2000. Healthy Eating on the Run. Dr. Dean Edell.
July 4, 2000. Grilling with Pork. KCRA NBC- Sacramento.
June 30, 2000. Grilling with Pork. KXTV ABC- Sacramento.
June 23, 2000. The Most Nutritious Shades of Green. Dr. Dean Edell.
June 16, 2000. Grilling with Pork. Evening Magazine. CBS- San Francisco.
June 2, 2000. Easy Dinners. KMAX UPN- Sacramento.
April 16, 2000. Asparagus and Pork. Full Bloom.
March 22, 2000. Body Fat Measurements. ABC- San Francisco.
March 1, 2000. A Meal for an Athlete. Bay Café on Bay TV- San Francisco.
February 25, 2000. Make Fitness Your Goal: Not Weight Loss. Dr. Dean Edell.
February 24, 2000. Weight Watchers: Trying to Hang Up Yo-Yo Dieting. Dr. Dean Edell.
February 21, 2000. Wine Away the Pounds. Dr. Dean Edell.
January 22, 2000. Selfcare.com. News 12- New Jersey.
November 1999. Obesity in America. Paris, France.
June 11, 1999. Got Milk. CBS- Sacramento.
June 10, 1999. Got Milk. ABC- Sacramento.
June 2, 1999. Got Milk. KNTV ABC- San Jose.
June 1, 1999. Androstenedione. KPIX-CBS San Francisco.
May 29, 1999. Got Milk. Fox Mornings on 2- San Francisco.
May 26, 1999. Got Milk. ABC- Fresno.
April 14, 1999. Got Milk. KABC Eyewitness News- Los Angeles.
October 26, 1998. Antioxidants in Berries. Dr. Dean Edell.
August 28, 1997. Superoxygenated and Overhyped Water. Dr. Dean Edell.

***Dr. Dean Edell was nationally syndicated and appeared locally on KPIX-CBS in San Francisco.**

Radio Interviews

October 18, 2006. Radio Media Tour for Dannon- Snack Healthy/Work Smart- including an interview with Ed McMahon on USA Network- conducted 19 interviews
September 21, 2006. Satellite Media Tour with 6 radio interviews.
February 24, 2005. Radio Media Tour for Lean Cuisine- Spa Cuisine Product Launch: conducted about 20 radio interviews.
March 17, 2004. Lean Cuisine Entrees. KWLM AM- Minneapolis, MN.
March 16, 2004. Lean Cuisine Entrees. KRES FM- Kansas City.
March 15, 2004. Lean Cuisine Entrees. WEOL AM- Cleveland, OH.
March 10, 2004. Lean Cuisine Entrees. WKIP AM; WHUC AM; WRNQ FM; WTHN FM; WTHK FM- Regional New York
March 10, 2004. Lean Cuisine Entrees. WTBQ AM- Regional New York and New Jersey.
March 9, 2004. Lean Cuisine Entrees. KAHI AM- Sacramento, CA.
March 5, 2004. Lean Cuisine Entrees. USA Radio- National.
March 4, 2004. Lean Cuisine Entrees. KBYG AM- Regional Texas.
March 4, 2004. Lean Cuisine Entrees. WSPL AM- Chicago, IL.
March 3, 2004. Lean Cuisine Entrees. KYOK AM- Houston, TX.
March 3, 2004. Lean Cuisine Entrees. WNTN AM- Boston, MA.
March 2, 2004. Lean Cuisine Entrees. WLPO AM- Chicago, IL.
February 25, 2004. Lean Cuisine Entrees. WOCA AM- Jacksonville, FL.
February 24, 2004. Lean Cuisine Entrees. WOHI AM- Regional Ohio/Pittsburgh.
January 22, 2004. Radio Media Tour for Lean Cuisine with the following 20 interviews:
- WOHI AM- Pittsburgh, PA
- WGMX AM- Miami, FL

- KYW AM- Philadelphia, PA
- WRGA AM/WQTU FM- Atlanta, GA/Chatanooga, TN
- WJR AM- Detroit, MI
- WICO AM/FM- Salisbury, MD
- WAMV AM- Roanoke, VA/Regional
- Voice of America- National
- Family Life Radio Network- National
- WFMD AM- Washington D.C.
- WHMX FM- Bangor, ME
- KWLM AM- Minneapolis, MN
- WNTM AM- Boston, MA
- WZYX AM- Nashville, TN
- KJFF AM- St. Louis, MO
- KRES FM- Kansas City, MO
- USA Networks- National
- WLPO AM- Chicago, IL
- KPQ AM- Washington State/Central/Eastern Tri Cities
- KYOK AM- Houston, TX

December 5, 2003. Nutritional Benefits of Frozen Vegetables. KCXL-AM- Liberty, MO.
 November 17, 2003. Frozen Vegetables and the Professional Athlete. KCKN-AM- Fox Sports Radio- Kansas City.
 November 17, 2003. Nutritional Benefits of Frozen Vegetables. KSIS-AM- Sedalia, MO.
 June 27, 2002. BBQ Pork Ribs. KSRC- Kansas City.
 June 27, 2002. BBQ Pork Ribs. KCHZ 3- Kansas City.
 June 27, 2002. BBQ Pork Ribs. KBEQ- Kansas City.
 June 26, 2002. BBQ Pork Ribs. WRTH-AM- St. Louis.
 June 25, 2002. BBQ Pork Ribs. KMXV-FM 93.3- Kansas City.
 May 22, 2001. Being a Couch Potato with Kevin Radich. News Talk 750 KXL- Portland.
 March 17, 2001. Jessie et Laurent at the San Francisco Bay Club. KGO Radio- San Francisco.
 June 14, 2000. Easy Dinners. KRAK-AM 1470- Sacramento.
 June 1, 2000. Easy Dinners. KFBK-AM- Sacramento.

Newspaper Interviews

May 31-June 2, 2002. Lose weight in cyberspace. *USA Today Weekend*.
 January 6, 2002. Weight loss plans that are hard to swallow. *San Francisco Chronicle*.
 December 30, 2001. You can't bottle a healthy breakfast. *San Francisco Chronicle*.
 March 19, 2001. As dot-coms trim fat so do ex-workers. *Contra Costa Times*.
 December 6, 1999. Stay healthy...a doctor, a personal trainer and a nutritionist offer advice on where to go for the clearest- and most reliable information. *The Wall Street Journal*.
 April 14, 1999. Milk-ad aspirants strike a pose with a little something under their nose. *Orange County Register*.
 April 10, 1999. Milking it for all it's worth. *The Daily Californian*.
 September 16, 1998. Pour on the nutrition found ready-to-eat cereals. *San Jose Mercury News*.
 August 7, 1998. Creatine: Sizing up the newest supplement fad. *UCSF Newsbreak*.
 November 14, 1996. Millberry Nutritionist says, "Diets Do Not Work". *UCSF Synapse*.

Magazine Interviews

May 2007. *Muscle and Fitness Hers*.
 February 2007. *Runner's World*.
 December 2002. Newsweek.
 Women's World
 November 2002. Is your refrigerator making you fat? *Family Circle*.
 Fall 2002. Women's World.
 June 2002. How 4 experts lost their baby weight. *Fitness*.
 Spring 2001. Omega-3: The body-friendly fat. *Healthline*.

February 2001. Healthy weight loss. *Men's Fitness*.

October 1998. The little fat burner that probably can't. *Walking Magazine*.