



COMPETE NUTRITION

AJA GYIMAH • MHSC • RD



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Registered Dietitian / Media
Dietitian / Food and Nutrition
Writer / Influencer



5400



575



BLOG

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Media Dietitian
Nutrition Writer
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ABOUT

My name is Aja Gyimah and I am a Toronto-based registered dietitian. I own an evidence-based nutrition consulting company called Compete Nutrition.

I aim to reach a larger audience and make nutrition information more accessible through television, collaborations, and writing evidence-based articles for publications.

My audience is 78% women, between the ages of 25 and 34 years old who live in Canada and the United States. Lastly, diversity & inclusion and how it relates to nutrition is very important to myself and my audience.

FEATURES & COLLABORATIONS



SHAPE



SELF healthline



InStyle

delish



SERVICES

- Brand Ambassador for Instagram and YouTube content
- Nutrition & health writing
- Recipe Development
- Television and podcast appearances
- Consulting for products, packaging, books, apps, content marketing strategy and other projects

For additional inquiries and rates, please contact:
info@compete-nutrition.ca

