



Registered dietitian nutritionist

Yarely Lopez

**RDN, LD · Founder, Yasana Nutrition ·
Dallas–Fort Worth**

A bilingual dietitian who makes nutrition practical and judgment-free. Yarely explains what the evidence says in plain language, on air in **Spanish or English**, and helps families enjoy the foods they love without guilt.



Holiday segment ideas · November and December

1. **Holiday plates without the guilt.** How to build a balanced plate at holiday dinners and keep the traditional favorites.
2. **Holiday nutrition myths.** Do tortillas cause weight gain? Should you skip meals before a big dinner? Do January detoxes work?
3. **The holidays on a GLP-1 medication.** Eating comfortably during the season while taking Ozempic or a similar medication.
4. **Lighter leftovers.** Simple, balanced ideas for the day after the big meal.

Year-round topics

- New Year's goals without extreme diets
- PCOS, hormones and blood sugar
- Nutrition before, during and after pregnancy
- Reading food labels and grocery swaps
- Quick, balanced lunches for school and work

Credentials

- B.S., Food Science and Human Nutrition, Colorado State University
- Dietetic residency, Baylor University Medical Center, Dallas
- Registered with the Commission on Dietetic Registration
- Licensed dietitian in Texas and Minnesota

On-air languages
Spanish and English

Availability
**In studio in DFW or
remote**

Segment length
**Live or taped, 2 to 5
minutes**

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