



Press Kit

About Dish on Fish

Dish on Fish is a lively and fun educational blog where seafood lovers can find delicious seafood recipes for everyday meals and every occasion. Featuring spokesperson, Rima Kleiner, a registered dietitian and nationally-recognized food and nutrition expert, Dish on Fish also offers nutritious meal plans, simple seafood prep and cooking tips, and the latest seafood science and recommendations. At Dish on Fish, readers can bookmark mouthwatering seafood recipes and peruse relevant, relatable and easy-to-understand health and nutrition information about their favorite seafood dishes.

Seafood is vital to a healthy diet. In fact, the **Dietary Guidelines for Americans** recommends individuals consume at least 2 - 3 servings of seafood per week, and Dish on Fish can help you do just that. The blog is a one-stop shop for seafood information and inspiration. Happy eating!

Sponsored by The National Fisheries Institute, Dish on Fish is an initiative to encourage people to eat seafood at least twice a week, as recommended by the Dietary Guidelines for Americans. The National Fisheries Institute is a nonprofit organization dedicated to education about seafood safety, sustainability and nutrition. From seagoing vessels to favorite seafood restaurants, The NFI's members bring delicious fish and seafood to American families.



Meet Rima Kleiner

A registered and licensed dietitian-nutritionist, Rima Kleiner specializes in putting nutrition science into language the public can understand and appreciate. Kleiner promotes both the delicious taste and versatility of seafood and the myriad health benefits people can realize from eating it – from sound heart and brain health to a healthy pregnancy and optimal infant development.

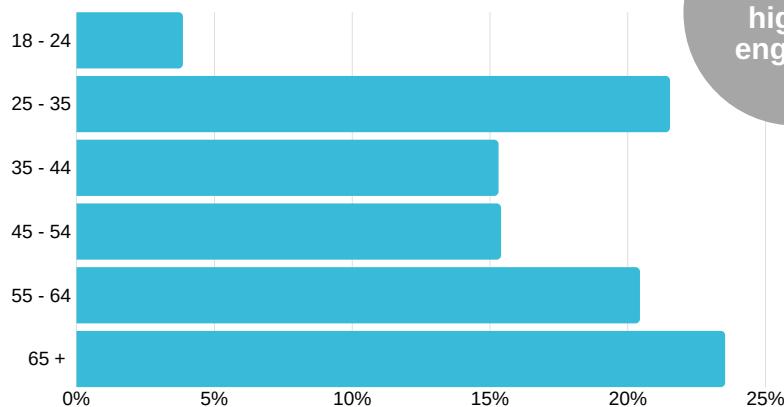
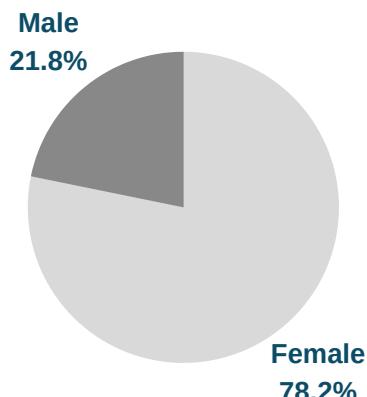
Kleiner holds a M.S. in Nutrition and is an active member of the Academy of Nutrition and Dietetics. She lives in North Carolina with her husband and their two children.





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Our Readers



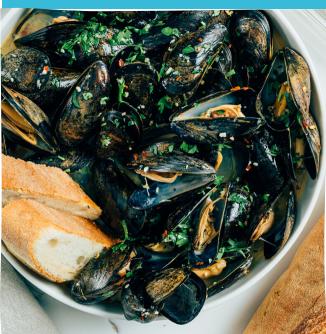
25 - 34
highly engaged

Ages
55 - 65+
most engaged

Our Reader's Passions + Habits



Value Shoppers - Family Focused - Foodies - Bargain Hunters - Avid News Readers
TV Lovers - Aspiring Chefs - Book Lovers - Home Décor Enthusiasts



Most Popular Blog Content

"Our Top 10 Seafood Side Dishes for Thanksgiving"

"Seafood Meals for a Crowd"

"The 7 Best Seafood Instant Pot Recipes"

"Our Favorite Recipes for Leftover Salmon"

"One-Pan Dinner: Salmon and Asparagus with a Garlicky Herb Butter"

"Fresh & Fast – 6 Easy Seafood Meal Prep Recipes"





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What Our Partners Are Saying

"My name is Heather Hands, Registered Dietitian, living in Seattle, WA. I have partnered with Dish On Fish to create a variety of seafood recipes. The Dish On Fish blog is a great resource for seafood recipes and nutrition information. I loved partnering with Dish On Fish because I believe in the importance of choosing seafood as a part of a healthy lifestyle and the Dish On Fish is an excellent teaching resource and a great space to find recipe inspiration."

- Heather Hands, MS, RD

"I've been really happy to collaborate with Dish on Fish, since we are like minded in our beliefs around the role of seafood in overall wellness. Plus, I personally love cooking with fish, so I find the recipes on their site to be a terrific resource."

- Katie Sullivan Morford, MS, RD

"As a dietitian food blogger, partnering with Dish on Fish to develop recipes and share the love for fish nutrition was a natural fit! They were great to work with, and I loved helping them spread the word that fish can actually be quite easy to prepare because I feel a lot of consumers are nervous to cook it themselves. The Dish on Fish blog is a great resource for seafood recipes and has tons of useful health and nutrition information about fish. I was happy to promote it!"

- Anne Mauney, MS, RD



Awards + Honors

2019 PRSA Bronze Anvil Award (Blog Category)

PR News' 2018 Platinum PR Award (Blog Category)

No. 1 ranking in 2018 + 2019 on Feedspot's list of "Top 100 Seafood Blogs and Websites for Seafood Lovers"

Let's Work Together!

Interested in working with Rima Kleiner or partnering with Dish on Fish?
Contact our media team at dishonfishblog@gmail.com.

Media assets available upon request.

