

SUBJECT: Eggs are a high-power, low-maintenance food! [TV Segment/Article]

PITCH:

Hello [Name of Contact],

March is National Nutrition Month, with the theme of “A World of Flavors.” There are so many exciting ways to enjoy new flavors and foods as part of a healthy dietary pattern. As a Registered Dietitian, I can show how endlessly versatile eggs can be incorporated into all kinds of global recipes.

I will show several ways eggs can be included in healthy diets without comprising flavor and variety, like in these dishes: Chilaquiles and Fried Egg, Spicy Kimchi Ramen Bowl, and Greek Vegetable Omelet.

Here are a few examples of previous [TV segments I've done/articles I've written]:

- [Title with link to example 1]
- [Title with link to example 2]
- [Title with link to example 3]

If you're interested in learning more, I'd be happy to chat with you about this [segment/article] idea. Feel free to e-mail me back or give me a call at [###-###-####]. I appreciate your consideration.

Sincerely,

[NAME + CREDENTIALS]