



"LINKing Both Sides of the Plate at the table where agriculture and nutrition meet!"™

Inspirational, passionate, and trustworthy presentations promoting sustainability of the farming and ranching industry.

Speaking to a wide variety of audiences, including consumers, healthcare professionals, and farmers and ranchers.

Topics



Before the Plate

Sharing the science and the story behind production agriculture.

Cattle ranching:

- Animal welfare: Handling, vaccinations, antibiotics
- Sustainability
- Facts: Conventional vs. natural vs. organic, grain finished vs. grass finished, hormones, antibiotics, modern agriculture
- Environmental and land stewardship
- Beef Checkoff



It's All About the Plate

Discussing the beef nutrient profile as it relates to general health, sports performance, and chronic diseases.

Beef as it relates to:

- Heart health (BOLD): lean/extra lean beef cuts
- Weight management (WISE)
- Cancer: red vs. processed meats, preparation methods, colon vs. other
- Diabetes
- Sports Performance: nutrient timing, beef vs. alternative proteins
- Protein benefits
- Well balanced meals
- Beef nutrient profile



The Other Side of the Plate

Empowering farmers and ranchers with healthy lifestyle change tools to facilitate achieving an overall state of well-being.

- Helping farmers and ranchers live healthy lives
 - Nutrition
 - Physical activity
 - Mental and emotional habits
- Family mealtime
- Well balanced meals
- Beef cuts
- Beef preparation methods
- Cows are Moooo Like People Than We Think: Humor and Life Lessons

Partner with Kirsten

Sponsored Content

Collaborate with Kirsten to endorse your nutrition or ag-related commodity, product, or service through sponsored blog or social media posts.

Guest Writing

Kirsten's writing ability quite possibly matches her presentation skills. Reach out to her to procure her eloquent article and column writing services.

Podcast Guest

Kirsten enjoys visiting about the science and the story of ranching, nutrition, and their connection. Invite her as a guest to your podcast for an enlightening conversation.

Ranch Tours

Schedule a virtual or live tour for an educational experience on a working western Kansas cattle ranch. Tours vary depending on time of year.



Kirsten's ability to fill the discussion with both farm and nutrition education made her presentation a favorite among our group! We enjoyed her presentation to such an extent that we have already asked her back for future years!"

– Margo Myers, MS | Adair County Nutrition & Health Education Specialist, University of Missouri Extension

Meet Kirsten

A western Kansas girl goes to college, launches her career in the city, and then reestablishes her rural roots. She brings a passion for rural Americans and helps them live healthy lives while advocating for production agriculture.

Kirsten Angell, registered and licensed dietitian and certified diabetes care and education specialist, owns Link 4 Nutrition™ and Link 4 Diabetes™. Kirsten is also a fourth-generation cattle rancher, and she and her husband have moved back to the family ranch to become more involved in her family's seedstock Angus operation, Lundgren Angus Ranch. Kirsten's nutrition business initially focused primarily on contracting with Critical Access Hospitals in western Kansas to provide diabetes education to individuals on an outpatient basis. In an effort to reach more rural Americans and because of her passion for the ag community, Kirsten has transitioned her business to helping farmers and ranchers live healthy lives and to being an advocate for production agriculture through her group presentations focused on "LINKing *Both Sides of the Plate* at the table where agriculture and nutrition meet!"™



"I can do all things through Christ who gives me strength." —Philippians 4:13

connect

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