

SUBJECT: Heart-healthy eating can include eggs! [TV Segment/Article]

PITCH:

Hello [Name of Contact],

February is American Heart Month, and your viewers are likely interested to know how eggs can fit into a heart-healthy diet. As a Registered Dietitian, I can help set the record straight. Science is in alliance: Heart-healthy eating can include eggs (as shown by an abundance of research including a recent Harvard study evaluating more than 20 years of data). Plus, eggs are recommended for healthy adults as part of a heart-healthy diet according to the American Heart Association.

I will show several ways eggs can be included in healthy diets like Quinoa Stuffed Peppers, Egg and Veggie Breakfast Bowls, and Huevos Rancheros.

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]