Nutrition Resources

Podcasts

- Love, Food with Julie Duffy Dillon
- All Fired Up! with Louise Adams
- The Mindful Dietitian with Fiona Sutherland
- Food Psych with Christy Harrison, MPH, RD, LD
- Dietitians Unplugged Podcast
- Nutrition Matters with Paige Smathers, RDN, CD

Social Media

- Anna Sweeney, @dietitiananna (Instagram)
- Marci Evans, @marcird (Instagram)
- Diversify Dietetics, @diversifydietetics (Instagram)
- Moderation Movement (Facebook)
- Bethany Wheeler, @bethanydietitian (Facebook & Instagram)
- Megan Medrano, @runwhole.nutrition (Instagram)
- @youaintyourweight (Instagram)
- Aaron Flores, RD (Facebook & Instagram)
- Body Positive Australia (Facebook & Instagram)
- Figureate Dietitian (Facebook)
- AmIHungry? (Facebook)

Dietitians’ Top Picks

- Health at Every Size (haescommunity.com)
- Fiona Willer (healthnotdiets.com/)
- Lucy Aphramor (lucyaphramor.com/dietitian/)
- Linda Bacon (lindabacon.org/)
- Beauty Redefined (beautyredefined.net/)
- Southern Smash (southernsmash.org/)
- The Real-Life RD (thereallife-rd.com/)
- Imma Eat That (immaeatthat.com)
- Leslie Schilling (leslieschilling.com)
- Justine Roth Nutrition (redefinehealthy.com)
- Fiona Sutherland (themindfuldietitian.com.au)
- Marci Evans (marcird.com)
- The Body is Not an Apology (thebodyisnotanapology.com)
- Dare to Not Diet with Glenys Oyston (daretonotdiet.wordpress.com)
- Josee Sovinsky, RD (joseesovinksynutrition.com)
- Meggettte Fletcher (mergrette.com)
- Julie Duffy Dillon (juliedillonrd.com)
- Proud2BMe (proud2bme.org/)
- Whole Life Nutrition (wholeliferd.com/)