



**KENNESAW STATE  
UNIVERSITY**  
DIVISION OF STUDENT AFFAIRS  
*Health Promotion and Wellness*

## 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
- Real Talk with Heather Caplan

## 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)
- AmlHungry? (Facebook)

# Nutrition Resources

## DIETITIANS' TOP PICKS

- Health at Every Size - [haescommunity.com](http://haescommunity.com)
- Fiona Willer - [healthnotdiets.com](http://healthnotdiets.com)
- Lucy Aphramor - [lucyaphramor.com](http://lucyaphramor.com)
- Lindo Bacon - [lindobacon.com](http://lindobacon.com)
- Beauty Redefined - [beautyredefined.net](http://beautyredefined.net)
- Southern Smash - [southernsmash.org](http://southernsmash.org)
- The Real-Life RD - [thereallife-rd.com](http://thereallife-rd.com)
- Imma Eat That - [immaeatthat.com](http://immaeatthat.com)
- Leslie Schilling - [leslieschilling.com](http://leslieschilling.com)
- Justine Roth Nutrition - [redefinehealthy.com](http://redefinehealthy.com)
- Fiona Sutherland - [themindfuldietitian.com.au](http://themindfuldietitian.com.au)
- Marci Evans - [marcird.com](http://marcird.com)
- The Body is Not an Apology - [thebodyisnotanapology.com](http://thebodyisnotanapology.com)
- Dare to Not Diet with Glenys Oyston - [daretonotdiet.com](http://daretonotdiet.com)
- Josee Sovinsky, RD - [joseesovinskynutrition.com](http://joseesovinskynutrition.com)
- Megrette Fletcher - [megrette.com](http://megrette.com)
- Julie Duffy Dillon - [juliedillonrd.com](http://juliedillonrd.com)
- Whole Life Nutrition - [wholeliferd.com](http://wholeliferd.com)
- Rebecca Scritchfield - [bodykindnessbook.com](http://bodykindnessbook.com)
- Dana Sturtevant - [benourished.org](http://benourished.org)

