

Podcasts Resource Guide

- Food Psych by Christy Harrison
- Love, Food by Julie Duffy Dillon
- Body Kindness by Rebecca Scritchfield
- Every Body by Daria Matza
- Life Unrestricted by Merril Boxer
- Dietitians Unplugged
by Glenys Oyston & Aaron Flores
- Don't Salt My Game by Laura Thomas, PhD
- Nutrition Matters by Paige Smathers
- All Fired Up by Louise Adams
- Do No Harm by DeAun Nelson & Sarah Thompson
- The BodyLove Project by Jessi Haggerty
- The Mindful Dietitian by Fiona Sutherland
- Reclaiming You by Sarah Vance
- Fat & Faithful
by Amanda Martinez Beck & J. Nicole Morgan