

CLIENT RESOURCES:

PODCASTS:

Title:	Author:
Love, Food (The Love Food Podcast)	Julie Duffy Dillon, RDN
Food Psych	Christy Harrison, MPH, RD, CEDS
F*ck it Podcast	Caroline Dooner
What the hell do I Eat?	Monica Fenwick & Nadia Felsch
The Mindful Dietitian	Fiona Sutherland, APD
The Full Bloom Podcast - Body-positive parenting for a more embodied and inclusive next generation	Zoë Bisbing
Thinking Nutrition	Dr Tim Crowe
Body Kindness	Rebecca Scritchfield
Real Health Radio	Seven Health
The BODcast	The Bodzilla
Don't Salt My Game	Laura Thomas
Do No Harm	DeAun Nelson and Sarah Thompson
Unpopular Opinion	Marina Payne
All Fired Up	Louise Adams
ED Matters	Gurze/Salucore
Every Body	Daria Matza
Finding Body Freedom	Caitlin Croteau

Nutrition Matters	Paige Smathers
PCOS and Food Peace	Julie Duffy Dillon, RDN
The BodyLove Project	Jessie Haggerty
Unpacking Weight Science	Fiona Willer, APD
Therapy Thoughts	Tiffany Roe
RD Real Talk	Heather Caplan
The Eating Disorder Recovery Podcast	Tabitha Farrar
The Eating Disorder Recovery Podcast	Dr Jeneane Anderson
Just Eat Normally: Eating Disorder Recovery	Rachel Evans
InsideOut Institute Podcast	InsideOut Institute
Candid Conversations	Eating Disorders Victoria
The Body Image Podcast	Corrine Dobbas
Life Unrestricted	Meret Boxier
"You Can't Eat With Us"	Libre Connections