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Twitter: Best Healthy Recipes, Registered Dietitians, Nutritionists

by Leigh Ann Otte, managing editor

Last Friday, we highlighted some great health-related Twitter folks to follow. Now, it's time to celebrate registered dietitians and people who tweet healthy recipes.

What do you think of the list? Any to add?

A couple of requirements we set:

1. A real person must be behind the account (not only an RSS feed; they can be great, we just omitted them from this particular list).
2. If the person gives nutrition advice, it must be solid and evidence-based (as far as we could tell).

Now for our recommendations:

@2ndhelping
Great weight-maintenance tips and recipes that aren't boring or tasteless!

@Cooking_Light
From *Cooking Light* magazine. Yummy, creative recipes with easy ingredients.

@eatrightdenise
Recipe links and quick, healthy tips.

@HealthCastleOlo
Solid nutrition information--not fads or myths. (Gloria Tsang, R.D., the face behind this account, has written for us. There's a reason. She knows her stuff.)

@hollyclegg
Easy recipes that are lower in calories. (She writes the *trim&TERRIFIC* cookbooks. We've featured some of her recipes in the magazine.)

@JaneHelm
Fun nutrition-story links.

@lizmarrmsrd
Links to lots of different nutrition articles on lots of different sites.

@lizweiss
Love her recipes--from the Meal Makeover Moms' kitchen. (We've featured one.)

@mothersrecipes
Watch out. These creative ideas will make you hungry.

And then of course, we're on Twitter, @DrHubbard, @FamilyDoctorMag and our new account, @Health55Plus.

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As with all information on this site, this article cannot replace professional, personal medical advice. Read more here.

Tags: recipes, Twitter

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- Twitter Small Steps Contest Winners! (Plus: free preview issue for you!)
- Make Halloween fun, safe and healthy for your children (plus: recipes!)
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- Special: Behind the scenes of latest blog post (Plus: doctors on Twitter)

This entry's content reflects the opinions and reporting of the author and not necessarily that of JHMFD. This entry was posted on Friday, June 19th, 2009 at 12:01 am and is filed under Nutrition and Fitness, Rants and Raves. You can follow any responses to this entry through the RSS 2.0 feed. You can leave a response, or trackback from your own site.

2 RESPONSES TO "TWITTER: BEST HEALTHY RECIPES, REGISTERED DIETITIANS, NUTRITIONISTS"

FatFighterTV Says:
June 27th, 2009 at 9:41 am
Thanks for the recommendations - I will have to add a few more follows to my Twitter list!

FatFighterTV's last blog post..New website helps employers fight obesity

Robyn Priebe, RD Says:
July 10th, 2009 at 8:53 am
I would recommend following Marsha Hudnall, RD
Her Bio: Directorlowner of Vermont's Green Mountain at Fox Run, a healthy weight retreat for women tired of dieting, foodie dietitian (that's not an oxymoron)

http://twitter.com/MarshaHudnall

LEAVE A REPLY

Name

Mail (will not be published)

Website

Submit Comment

Notify me of followup comments via e-mail

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JHMFD E-MAILED UPDATES

Get FREE e-mailed updates when we add new stuff to the Web site!

Articles, Forum, Blog

(Other RSS options here.)

Healthy Lifestyle Blogger

Alltop ALL THE TOP STORIES

Name: James Hubbard
Networks: Colorado Springs, CO

Recent Posts

- New surgeon general is overweight. Does it matter?
- Weekly Health Tip: Cereal and pasta portion size: How to get it right (from our current issue)
- CSPI Sues Denny's Over Sodium. What's your opinion of the lawsuit?
- Is it safe to split pills? FDA warning says not usually--even when you think the dosage is correct
- Weekly Health Tip: Outdoor activities to do with your grandchildren (from our current issue)

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CO Blogs (our location)

- Auntie Eartha...finding humor in mediocrity
- Colorado Communication Coach
- Denver Post Blogs
- Pikes Peak Parent News
- Springs Roll: Colorado Springs

Health Blogs

- Advanced Mediterranean Diet Blog
- Basil & Spice
- Dr. J Will See You Now
- Health E Woman
- Healthhabits
- Mark Salinas: Healthy Living Today
- Truth in Cosmetic Surgery
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