



Out of sight, out of mind. A huge step toward ditching diet culture is to fill your headspace with non-diet content instead.

Here are our favorite resources, social media accounts, articles, podcasts, and more that will help us to ditch diet culture and have more fulfilling relationships with ourselves, our bodies, our eating, and our food. **This is an ongoing list so I will keep adding here as I find more.** If you come across something interesting and non-diet related, feel free to email me and I can review it.

CONTENT WARNING: the following materials may discuss the following (not an exhaustive list): eating disorders, disordered eating, mental health struggles, diet culture, weight stigma, trauma, language

Podcasts:

- Maintenance Phase: <https://www.maintenancephase.com/>
- Full Plate: <https://www.abbieattwoodwellness.com/podcast>
- The Glucose Riot: <https://open.spotify.com/show/1XFSgal2diarJOgc1T6vHz>
- Shoulders Down: <https://shouldersdownpodcast.buzzsprout.com/>
- My Healing Era: <https://myhealingera.buzzsprout.com/>
- Ten Percent Happier - "The Anti-Diet" with Evelyn Tribole - <https://www.tenpercent.com/tph/podcast-episode/evelyn-tribole-rerun-2023>
- Nourishing Women Podcast - Gut-Brain Axis with Marci Evans - <https://nourishingwomenpodcast.libsyn.com/396-how-malnutrition-plays-a-role-in-the-gut-brain-axis-and-gut-microbiome-with-marci-evans-rdn>
- Full & Thriving: Healing Body Image with Marci Evans - <https://podcasts.apple.com/us/podcast/131-why-body-image-is-so-complicated-how-to-start-healing/id1518417774?i=1000628647963>
- We Can Do Hard Things: <https://wecandohardthingspodcast.com/> "Intuitive Eating with Evelyn Tribole" (from January 2025)
- Unmeasured podcast with Simi Botic <https://simibotic.com/podcast/>
- Satisfaction Factor podcast <https://www.buzzsprout.com/1841689>

Blogs/Newsletters:

- Weight and Healthcare Substack by Ragen Chastain
<https://weightandhealthcare.substack.com>
- Size Inclusive Medicine: <https://sizeinclusivemedicine.org>

Social Media

Intuitive Eating, Body Image, Family/Kids/Parenting, non-diet RDs and Therapists, Gentle Movement

- <https://www.instagram.com/aterranutrition/>
- <https://www.instagram.com/simibotic/>
- <https://www.instagram.com/movementunmeasured/>
- <https://www.instagram.com/feedinglittles/>
- <https://www.instagram.com/rachaelhartleyrd/>
- <https://www.instagram.com/shaytinari.rd/>
- <https://www.instagram.com/tapintonutrition/>
- https://www.instagram.com/redefining_wellness/
- https://www.instagram.com/beauty_redefined/
- <https://www.instagram.com/evelyntribole/>
- <https://www.instagram.com/sunnysideupnutritionists/>
- <https://www.instagram.com/foodfreedomdiabetes/>
- <https://www.instagram.com/menopause.nutritionist/>
- <https://www.instagram.com/barehlth/>
- <https://www.instagram.com/foodbody.peace/>
- <https://www.instagram.com/iuliastration/>
- <https://instagram.com/beating.disordered.eating?igshid=YWJhMjlhZTc=>
- <https://www.instagram.com/maintenancephase/?hl=en>
- <https://www.instagram.com/glucoseriot/>
- <https://www.instagram.com/foodfreedomwithlibby/>
- <https://www.instagram.com/cacticounseling/>
- <https://www.instagram.com/nourishedwithkindness/>
- https://www.instagram.com/anne_customfitpt/
- https://www.instagram.com/bodyimage_therapist/
- <https://www.instagram.com/makeartaboutit/>
- <https://www.instagram.com/milkandhoneymaryland/>
- <https://www.instagram.com/nutrishinn/>
- https://www.instagram.com/alexlight_idn?igsh=MW4yeWZicXhvanRvag==
- <https://www.instagram.com/solidstarts?igsh=ZnU4djC2MHAzamD0>

- <https://www.instagram.com/platebyplateapproach/>
- <https://www.instagram.com/adhd.dietitian/profilecard/?igsh=djZndHZzbGp4eXpn>
- <https://www.instagram.com/adhd.nutritionist/profilecard/?igsh=amtnNnQ0YTJldWN5>
- <https://www.instagram.com/thenutritiontea/profilecard/?igsh=b2EzMHYwdTNseTJn>
- <https://www.instagram.com/fierce.fatty/?igsh=OGVkb3FwYm9xM3Zp#>
- <https://www.instagram.com/abbieattwoodwellness?igsh=c2NvbmFwYnF1Z2dl>
- <https://www.instagram.com/adolescent.nutritionist?igsh=NWFmdTUycm14cGE2>

Articles, other resource lists:

- <https://www.aterannutrition.com/blog>
- <http://www.intuitiveeating.org/resources/articles/> (also check out the Resources tab)
- How to explain IE to loved ones:
https://www.laurencadillac.com/feelgoodblog/how-to-explain-intuitive-eating-to-loved-ones?fbclid=PAAaYgPdKr2onoYO0GRuIYjzUk_Q9fpr2FqQJxDIs_J7OEqlp4U2hzqzMy5LE
- Various Media with Marci Evans, RD <https://marcird.com/media/>

Body image:

- <https://withinhealth.com/learn/articles/body-neutral-affirmations>
- <https://www.instagram.com/p/CnXM6PIrb7o/?igshid=YWJhMjlhZTc=>
- <https://www.instagram.com/p/Cd3JtBoOb8N/?igshid=YWJhMjlhZTc=>
- <https://podcasts.apple.com/us/podcast/the-body-image-podcast/id1340435871>
- <https://podcasts.apple.com/us/podcast/the-body-grievors-club/id1514443684>
- https://www.instagram.com/p/Cshh9_YNKTi/?igshid=MmJiY2I4NDBkZg==

Wellness, not weight:

- <https://www.instagram.com/p/CskCaFDBB5p/?igshid=MzRIODBiNWFIZA==>

Specific posts about responding to diet culture comments for adults and kids:

- https://www.instagram.com/p/CiK9n7aspF0/?utm_source=ig_web_copy_link
- https://www.instagram.com/p/CmXI0ufN8CE/?utm_source=ig_web_copy_link
- https://www.instagram.com/p/CIQ2EkyrNaN/?utm_source=ig_web_copy_link
- https://www.instagram.com/p/Ckf3-6PsvfW/?utm_source=ig_web_copy_link

- https://www.instagram.com/p/CjX7v9Gu60c/?utm_source=ig_web_copy_link
- https://www.instagram.com/p/CiaOjy4LSTi/?utm_source=ig_web_copy_link
- https://www.instagram.com/p/Cf9BOGvPrBT/?utm_source=ig_web_copy_link
- https://www.instagram.com/p/CfzvRrSv3p-/?utm_source=ig_web_copy_link

Posts from Eating disorder professionals about the new American Academy of Pediatrics guidelines:

- <https://www.instagram.com/p/CnlXC6PuOix/?igshid=YWJhMjlhZTc=>

Intuitive Eating and Mindfulness webinar:

- <https://www.skellyskills.com/BECOMING-AN-INTUITIVE-EATER-HOW-TO-CHANGE-YOUR-RELATIONSHIP-WITH-FOOD-AND-YOURSELF-FREE-VERSION/>

Self compassion:

- <https://www.facebook.com/groups/3004667866460962>

Aterra Nutrition newsletter sign up: <https://tinyurl.com/aterranutrition>

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