

Nutrisoft : [www.nutrisoft.xyz](http://www.nutrisoft.xyz)

Top Nutrition Websites (2024)

<ul>

<li dir="ltr" style="line-height: 1.656; text-align: justify;" role="presentation"><span style="text-decoration: underline; font-family: roboto; font-size: 18pt;"><a style="text-decoration: none;" href="https://eatright.org/"><span style="color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: underline; vertical-align: baseline; white-space: pre-wrap;"><span style="font-family: roboto;"><span style="font-size: 14pt;">Eatright</span></span></span></a></span></li>

<li dir="ltr" style="line-height: 1.656; text-align: justify;" role="presentation"><span style="text-decoration: underline; font-family: roboto; font-size: 14pt;"><a style="text-decoration: none;" href="https://www.unlockfood.ca/"><span style="color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: underline; vertical-align: baseline; white-space: pre-wrap;">Unlockfood </span></a></span></li>

<li dir="ltr" style="line-height: 1.656; text-align: justify;" role="presentation"><span style="text-decoration: underline; font-family: roboto; font-size: 14pt;"><a style="text-decoration: none;" href="https://rdlounge.com/"><span style="color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: underline; vertical-align: baseline; white-space: pre-wrap;">RDLounge</span></a></span></li>

<li dir="ltr" style="line-height: 1.656; text-align: justify;" role="presentation"><span style="text-decoration: underline; font-family: roboto; font-size: 14pt;"><a style="text-decoration: none;" href="https://www.todaysdietitian.com/"><span style="color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: underline; vertical-align: baseline; white-space: pre-wrap;">Todaysdietitian</span></a></span></li>

<li dir="ltr" style="line-height: 1.656; text-align: justify;" role="presentation"><span style="text-decoration: underline; font-family: roboto; font-size: 14pt;"><a style="text-decoration: none;" href="https://www.bda.uk.com/"><span style="color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: underline; vertical-align: baseline; white-space: pre-wrap;">British Dietetic Association</span></a></span></li>

<li dir="ltr" style="line-height: 1.656; text-align: justify;" role="presentation"><span style="text-decoration: underline; font-family: roboto; font-size: 14pt;"><a style="text-decoration: none;" href="https://www.myplate.gov/"><span style="color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: underline; vertical-align: baseline; white-space: pre-wrap;">MyPlate</span></a></span></li>

<li dir="ltr" style="line-height: 1.656; text-align: justify;" role="presentation"><span style="text-decoration: underline; font-family: roboto; font-size: 14pt;"><a style="text-decoration: none;" href="https://bit.ly/3960IWz" target="\_blank" rel="noopener"><span style="color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: underline; vertical-align: baseline; white-space: pre-wrap;">NutrisoftXYZ</span></a></span></li>

<li dir="ltr" style="line-height: 1.656; text-align: justify;" role="presentation"><a href="https://www.nutrition.gov/#overview" target="\_blank" rel="noopener"><span style="text-

decoration: underline; font-family: roboto; font-size: 14pt;";><span style="color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; vertical-align: baseline; white-space: pre-wrap;";>Nutrition.gov</span></a></li></ul>

<div style="text-align: left; line-height: 1.5;";><span style="font-size: 14pt; font-family: roboto; color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;";>Healthy living is one of the trending topics in our society and one of the tools to achieve it is through nutrition. This modern world is a computer village, and information can be easily assessed, In fact, it is at our fingertips and we can easily surf the web to get any information. </span></div>

<div style="text-align: left; line-height: 1.5;";>&nbsp;</div>

<div style="text-align: left; line-height: 1.5;";><span style="font-size: 14pt; font-family: roboto; color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;";><strong>Misinformation is another key issue, thus the source of every piece of information is very important to guide against misinformation and false news</strong>. Yearning to know more about nutrition is very great and today I will show you some top nutrition websites to get accurate nutrition tips. </span></div>

<div style="text-align: left; line-height: 1.5;";>&nbsp;</div>

<div style="text-align: left; line-height: 1.5;";><span style="font-size: 14pt; font-family: roboto; color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;";>Below, you will find top nutrition websites for both nutritionists and the general public; these online resources will help to keep you informed and on your toes, in step with the latest breakthroughs, and able to offer your clients the most accurate information possible.</span></div>

<div style="text-align: left; line-height: 1.5;";>&nbsp;</div>

<h2 style="text-align: left; line-height: 1.5;";><span style="font-family: roboto; font-size: 14pt;";><span style="color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;";> Top Nutrition Websites (8)</span></span></h2>

<div style="line-height: 1.5;";><span style="font-family: roboto; font-size: 14pt;";><strong id="docs-internal-guid-eb0e086e-7fff-087b-6c08-d1fb698523ac" style="font-weight: normal;";>&nbsp;</strong></span></div>

<h2 dir="ltr" style="line-height: 1.5; text-align: justify; margin-top: 0pt; margin-bottom: 0pt;";><span style="font-family: roboto; font-size: 14pt;";><span style="color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;";>1.</span><a style="text-decoration: none; href="https://www.eatright.org/"><span style="color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;";> </span><span style="color: #1155cc; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: underline; text-decoration-skip-ink: none; vertical-align: baseline; white-space: pre-wrap; font-family: lato;";>Eatright: Academy of Nutrition and Dietetics</span></a></span></h2>

**The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals founded in Cleveland, Ohio, in 1917, by a visionary group of women dedicated to helping the government conserve food and improve the public's health and nutrition during World War I.**

The academy through its members keeps its website updated with the latest nutrition news, tips, recipes, and latest advances in the world of nutritional science. Are you planning to achieve a healthy eating lifestyle? You might like to visit this awesome website every day.

The Academy also offers informative and entertaining articles categorized according to age and gender, and whether they pertain to food preparation, physical fitness, or overall health.

## 2. [UnlockFood.Ca](https://www.unlockfood.ca/)

UnlockFood is a bilingual, award-winning website managed by Dietitians of Canada. On UnlockFood, you will find information on nutrition, food, and healthy eating, as well as [recipes](https://www.unlockfood.ca/en/Recipes.aspx), [videos](https://www.unlockfood.ca/en/Videos.aspx)

background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;"></span></a>,<span style="color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;"> and online tools. There is information on hundreds of</span><a style="text-decoration: none;" href="https://www.unlockfood.ca/en/TopicList.aspx"><span style="color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;"> topics from A-Z</span></a><span style="color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;">.</span></span></div>

<div style="text-align: left; line-height: 1.5;">&nbsp;</div>

<div style="text-align: left; line-height: 1.5;"><span style="font-family: roboto; font-size: 14pt;"><span style="color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;">The content on UnlockFood focuses on healthy eating throughout the lifecycle (from infants to seniors), and preventing and managing health conditions. There are also useful resources on eating on a</span><a style="text-decoration: none;" href="https://www.unlockfood.ca/en/Articles/Budget.aspx"><span style="color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;"> budget</span></a><span style="color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;">,</span><a style="text-decoration: none;" href="https://www.unlockfood.ca/en/Articles/Cooking-And-Food.aspx"><span style="color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;"> cooking</span></a><span style="color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;">,</span><a style="text-decoration: none;" href="https://www.unlockfood.ca/en/Articles/Grocery-Shopping.aspx"><span style="color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;"> shopping</span></a><span style="color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;">,</span><a style="text-decoration: none;" href="https://www.unlockfood.ca/en/Articles/Menu-Planning.aspx"><span style="color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;"> menu planning</span></a><span style="color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;">,</span> and more. You wanna learn some awesome recipes? I think this is a go-for website for you.</span></span></div>

## 3 [RD Lounge](https://rdlounge.com/)

This is a website written by nutritional professionals for nutrition professionals. From their website: Today's Dietitian created Today's Dietitian's RD Lounge, a blog written for and by RDs.

The blog serves as an online safe haven where nutrition professionals can read about the opinions and insights of fellow colleagues and comment on them from the RD's point of view.

With topics geared specifically to RDs rather than to general consumers, this blog is separate and distinct from any other in dietetics.

Topics may include but are not limited to, professional development, clinical skills, nutrition education, culinary skills, supplements, fitness, nutrition news, sustainability, career opportunities, precepting, reimbursement, and telenutrition.

**NB: RDlounge now redirects to today's dietitian**

## 4

[Today's Dietitian](https://www.todaysdietitian.com/)

Today's Dietitian is the trade publication registered dietitians and other nutrition professionals have come to trust each month as an independent voice on the issues and subjects that affect their profession, their clients, and their career development.

Now in its 19th year of publication, I can boldly say this is one of the best places online you can find the latest advances in the world of nutrition and dietetics.

## 5

[British Dietetic Association](https://www.bda.uk.com/)

**The British Dietetic Association (BDA) is the only body in the UK representing the whole of the dietetic workforce.**

#000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;">This website provides a large amount of information for anyone interested in food and nutrition as well as dietetics as a career. </span></div>

<div style="text-align: left; line-height: 1.5;">&nbsp;</div>

<div style="text-align: left; line-height: 1.5;"><span style="font-size: 14pt; font-family: roboto; color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;">One of the things I love about the website of BDA is the food fact sheet, you can explore it and gain insights into some foods. The food fact sheet is available in PDF format and can be downloaded from BDA website.</span></div>

<h2 style="text-align: left; line-height: 1.5;"><span style="font-family: roboto; font-size: 14pt;"><span style="color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;">6.</span><a style="text-decoration: none;" href="https://www.myplate.gov/"><span style="color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;"></span><span style="color: #1155cc; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: underline; text-decoration-skip-ink: none; vertical-align: baseline; white-space: pre-wrap; font-family: lato;">MyPlate</span></a></span></h2>

<div style="text-align: left; line-height: 1.5;"><span style="font-size: 14pt; font-family: roboto; color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;">The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.&nbsp;</span></div>

<ul>

<li dir="ltr" style="text-align: left; line-height: 2.16; background-color: #ffffff;" role="presentation"><span style="font-size: 14pt; font-family: roboto; color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;">Make half your plate fruits and vegetables: focus on whole fruits.</span></li>

<li dir="ltr" style="text-align: left; line-height: 2.16; background-color: #ffffff;" role="presentation"><span style="font-size: 14pt; font-family: roboto; color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;">Make half your plate fruits and vegetables: vary your veggies.</span></li>

<li dir="ltr" style="text-align: left; line-height: 2.16; background-color: #ffffff;" role="presentation"><span style="font-size: 14pt; font-family: roboto; color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;">Make half your grains whole grains.</span></li>

<li dir="ltr" style="text-align: left; line-height: 2.16; background-color: #ffffff;" role="presentation"><span style="font-size: 14pt; font-family: roboto; color: #000000; background-

color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;">Vary your protein routine.&nbsp;</span></li>  
<li dir="ltr" style="text-align: left; line-height: 2.16; background-color: #ffffff;"  
role="presentation"><span style="font-size: 14pt; font-family: roboto; color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;">Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions).</span></li>  
</ul>

<h2 style="text-align: left; line-height: 1.5;"><span style="font-family: roboto; font-size: 14pt;"><span style="color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;">7.</span><span style="color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;"> <span style="font-family: lato;"><a href="https://bit.ly/3960IWz">Nutrisoft Nutrition</a></span></span></h2>

<div style="text-align: left; line-height: 1.5;"><span style="font-family: roboto; font-size: 14pt;"><span style="color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;">Nutrisoft is also a good place to find accurate information as all our nutrition articles are written by professional nutritionists. Will you like to improve your eating lifestyle,</span><a style="text-decoration: none;" href="..ask-clinical-nutritionist" target="\_blank" rel="noopener"><span style="color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;"> </span><span style="color: #1155cc; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: underline; text-decoration-skip-ink: none; vertical-align: baseline; white-space: pre-wrap;">then you can talk to a nutritionist through Nutrtisoft</span></a></span></div>

<div style="text-align: left; line-height: 1.5;">&nbsp;</div>

<div style="text-align: left; line-height: 1.5;"><span style="font-size: 14pt; font-family: roboto; color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;">There are many nutrition websites out there that are run by professional nutritionists and registered dietitians that I didn't highlight here but trust me any website being run by a well-qualified professional and with the required certificate, is worth reading.</span></div>

<h2 style="text-align: left; line-height: 1.5;"><span style="font-size: 14pt; font-family: roboto; color: #000000; background-color: transparent; font-weight: 400; font-style: normal; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;">8. <span style="font-family: lato;"><a href="https://www.nutrition.gov/#overview">Nutrition.gov</a></span></span></h2>

<div style="text-align: left; line-height: 1.5;"><span style="font-size: 14pt; font-family: roboto;">Nutrition.gov is maintained by the <strong>United States Department of Agriculture (USDA) science</strong>. It provides evidence-based nutrition information to help make healthy dietary choices.</span></div>

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Furthermore, the [USDA food composition database](https://fdc.nal.usda.gov/) is helpful in knowing the nutrient composition of most food around us.

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Also check: [Apple vs. Strawberry: Battle of nutrients](https://bit.ly/3DoFCTp)

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Thanks for reading, do you know some other websites you think should be added in the future? You can tell me in the comment box.

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