

Nutrisoft : www.nutrisoft.xyz

Top Nutrition Websites (2023)

<h1 style="line-height: 1.5;"> </h1>

<li dir="ltr" style="line-height: 1.656; text-align: justify;" role="presentation">Eatright

<li dir="ltr" style="line-height: 1.656; text-align: justify;" role="presentation">Unlockfood

<li dir="ltr" style="line-height: 1.656; text-align: justify;" role="presentation">RDLounge

<li dir="ltr" style="line-height: 1.656; text-align: justify;" role="presentation">Todaysdietitian

<li dir="ltr" style="line-height: 1.656; text-align: justify;" role="presentation">British Dietetic Association

<li dir="ltr" style="line-height: 1.656; text-align: justify;" role="presentation">MyPlate

<li dir="ltr" style="line-height: 1.656; text-align: justify;" role="presentation">NutrisoftXYZ

<div style="text-align: left; line-height: 1.5;">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, information can be easily assessed, in fact it is on our fingertips and we can easily surf the web to get any information. </div>

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<div style="text-align: left; line-height: 1.5;">Misinformation is another key issue, thus the source of every information is very important to guide against misinformation and false news. Yearning to know more about nutrition is very great and today I will show you some top nutrition websites to get accurate nutrition tips. </div>

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

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<h2 style="text-align: left; line-height: 1.5;"> Top Nutrition Websites (7)</h2>

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<h2 dir="ltr" style="line-height: 1.5; text-align: justify; margin-top: 0pt; margin-bottom: 0pt;">1. Eatright : Academy of Nutrition and Dietetics</h2>

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

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<div style="text-align: left; line-height: 1.5;">The academy through its members keep its website updated with 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 everyday. </div>

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

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<h2 dir="ltr" style="line-height: 1.5; text-align: justify; margin-top: 0pt; margin-bottom: 0pt;">2.Unlockfood.Ca</h2>

<div style="text-align: left; line-height: 1.5;">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 asrecipes, videos and online tools. There is information on hundreds of<a style="text-decoration: none;"

<https://www.unlockfood.ca/en/TopicList.aspx> topics from A-Z.</div>

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<div style="text-align: left; line-height: 1.5;">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<a style="text-decoration: none;"

<https://www.unlockfood.ca/en/Articles/Budget.aspx> budget,<a style="text-decoration: none;"

<https://www.unlockfood.ca/en/Articles/Cooking-And-Food.aspx> cooking,<a style="text-decoration: none;"

<https://www.unlockfood.ca/en/Articles/Grocery-Shopping.aspx>

shopping,<a style="text-decoration: none;"

<https://www.unlockfood.ca/en/Articles/Menu-Planning.aspx> menu

planning, and more. You wanna learn some awesome recipes? I think this is a go for website for you.</div>

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<h2 dir="ltr" style="line-height: 1.5; text-align: justify; margin-top: 0pt; margin-bottom: 0pt;"><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;">3.RDLounge</h2>

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

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

<div style="text-align: left; line-height: 1.5;">With topics geared specifically to RDs rather than to general consumers, this blog is separate and distinct from any other in dietetics. </div>

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

<div style="text-align: left; line-height: 1.5;">NB: RDLounge now redirect to today's dietitian </div>

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<h2 dir="ltr" style="line-height: 1.5; text-align: justify; margin-top: 0pt; margin-bottom: 0pt;">4 .<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;"></h2>

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

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<div style="text-align: left; line-height: 1.5;"> Now in its 17th year of publication, I can boldly say this is one of the best place online you can find the latest advances in the world of nutrition and dietetics.</div>

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<h2 dir="ltr" style="line-height: 1.5; text-align: justify; margin-top: 0pt; margin-bottom: 0pt;">5. British Dietetic Association</h2>

<div style="text-align: left; line-height: 1.5;">The British Dietetic Association (BDA) is the only body in the UK representing the whole of the dietetic workforce.</div>

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<div style="text-align: left; line-height: 1.5;">This website provides a large amount of information for anyone interested in food and nutrition as well as dietetics as a career. </div>

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<div style="text-align: left; line-height: 1.5;">One of the thing I love about the website of BDA is the food fact sheet, you can explore it and have insights on some foods. The food fact sheet is available in PDF format and can be downloaded from bda website.</div>

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<div style="text-align: left; line-height: 1.5;">6.MyPlate</div>

<div style="text-align: left; line-height: 1.5;">The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate. </div>

<li dir="ltr" style="text-align: left; line-height: 2.16; background-color: #ffffff;" role="presentation">Make half your plate fruits and vegetables: focus on whole fruits.

<li dir="ltr" style="text-align: left; line-height: 2.16; background-color: #ffffff;" role="presentation">Make half your plate fruits and vegetables: vary your veggies.

<li dir="ltr" style="text-align: left; line-height: 2.16; background-color: #ffffff;" role="presentation">Make half your grains whole grains.

<li dir="ltr" style="text-align: left; line-height: 2.16; background-color: #ffffff;" role="presentation">Vary your protein routine.

`<li dir="ltr" style="text-align: left; line-height: 2.16; background-color: #ffffff; role="presentation">Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions).`

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`<div style="text-align: left; line-height: 1.5;">7. Nutrisoft Nutrition</div>`

`<div style="text-align: left; line-height: 1.5;">And finally, 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, then you can talk to a nutritionist through nutrtisoft</div>`

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

`<div style="text-align: left; line-height: 1.5;">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, it worth reading.</div>`

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`<p>Also check: Apple vs. Strawberry: battle of nutrients</p>`

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

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