

NUTRITION RESOURCES

Other health professionals that I follow:

Angela Liddon, Oh She Glows (recipes)
Follow on IG @ohsheglows

Angela Judd (organic master Gardener, growing your food)
Follow on IG @growing.in.the.garden

Anna Sweeny, MS, RDN, CEDRD-S
Follow on IG @dieticiananna

Aoife McMahon, RD, ED and body image dietitian
Follow on IG @thatirishdietician

Ashlea Carver
Follow on IG @allthehealthythings

Christyna Johnson, MS, RDN, LDN
Follow on IG @encouragingdietician

Gena Hamshaw, MS, RD - The Full Helping (recipes)
Follow on IG @thefullhelping

Luciana Godoi, MS, RN, LD, IFMNT
Follow on IG @guthealthnutritionist

Maria Sylvester Terry, MS, RDN
Follow on IG @vitamin_ri

Marina Chaparro, RD (children)
Follow on IG @nutrichicos

Shana Minei Spence, MS, RDN, CDN
Follow on IG @thenutritiontea

Dr. Taylor Arnold, PhD, RDN, (children)
Follow on IG @growing.intuitive.eaters

I would love to continue adding to this list. Email me at christa@cocumelliwellnesscollective.com if you have a favorite dietician and nutrition specialist that you follow.