

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

Top Nutrition Websites (2021)

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

<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&nbsp;</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>

</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, information can be easily assessed, in fact it is on our fingertips and we can easily surf the web to get any information. </span></div>

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<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;"><span style="font-family: roboto; font-size: 14pt;"><code></code></span></div>

<h2 style="text-align: left; line-height: 1.5;"><span style="font-family: roboto; font-size: 14pt;"><code></code><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;">&nbsp;Top Nutrition Websites (7)</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;">Eatright : Academy of Nutrition and Dietetics</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 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. </span></div>

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<div style="line-height: 1.5;"><span style="font-family: roboto; font-size: 14pt;"><strong style="font-weight: normal;"><br /><br /></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;">2.</span><a style="text-decoration: none;" href="https://www.unlockfood.ca/"><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;">

Unlockfood.Ca</span></a></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;">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</span><a style="text-decoration: none;" href="https://www.unlockfood.ca/en/Recipes.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;">recipes</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/Videos.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;"> videos</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

[topics from A-Z](https://www.unlockfood.ca/en/TopicList.aspx)

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 budget

cooking

shopping

menu planning

and more. You wanna learn some awesome recipes? I think this is a go for website for you.

3.

[RDLounge](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.

&nbsp;

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.

&nbsp;

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.&nbsp;

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[TodaysDietitian](https://www.todaysdietitian.com/)

<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: bold; font-style: italic; font-variant: normal; text-decoration: none; vertical-align: baseline; white-space: pre-wrap;">Today's Dietitian</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;"> 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.</span></span></div>

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<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;"> 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.</span></span></div>

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<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;">5.</span><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: 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;">British Dietetic Association</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 British Dietetic Association (BDA) is the only body in the UK representing the whole of the dietetic workforce.</span></div>

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<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;">This website provides a large amount of information for anyone interested in food and nutrition as well as dietetics as a career. </span></div>

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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.

[6.](https://www.myplate.gov/) MyPlate

The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate. 

- Make half your plate fruits and vegetables: focus on whole fruits.
- Make half your plate fruits and vegetables: vary your veggies.
- Make half your grains whole grains.
- Vary your protein routine.
-

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).

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<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;">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,</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>

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