



DARTMOUTH

RECOMMENDED INSTAGRAM ACCOUNTS

Accounts that focus on having a healthy relationship with food and your body, intuitive eating and Health At Every Size®

@Thenutritiontea
@Thehungryclementine
@Thewellful
@Therdnutritionist
@Theintuitive_rd



Accounts with a similar focus but related to sports and fueling for performance



@Female.athlete.nutrition
@Linktonutrition
@Leslieschilling
@Jessicathesportsrd
@Victoriabrowne

Some of these accounts are also on TikTok if you don't use Instagram!