







EatThis, NotThat!

SHAPE

cleanplates



HERMONEY



## L | V E **S T R O N G**



# **EatingWell**





verywell fit

### Media Work

Julie Balsamo, MS, RDN

#### Fox 13 The Place

- Get your favorite fruits at the Farmers Market for this healthy recipe
- <u>Summer Meal Prep for Gut-Friendly Eating</u>

#### Huff Post

• Yes Really, You Can Chew Your Way To A Healthier Gut

#### SHAPE

• <u>14 Nutrition Hacks Dietitians Use to Get Their Clients to Eat More Fruits</u> <u>and Veggies</u>

#### **New York Post**

- What is 'ghost poop' and why is it exploding on TikTok
- <u>I'm a pooping expert here's what to do when you want to go</u> <u>immediately</u>

#### Eat This, Not That!

- <u>11 Foods That Make You Constipated</u>
- <u>The 13 Best Yogurt Brands—and 3 To Avoid</u>
- <u>11 Worst Snacks for Your Gut Health, Say Dietitians</u>

- <u>6 Healthy Seasonal Foods to Grab at Trader Joe's ASAP This Winter</u>
- The 13 Best Wamart Foods to Buy Right Now, Says Dietitians
- 9 High-Protein Snacks for Gut Health That Are Dietitian-Approved

#### **Eating Well**

- What Happens to Your Body When You Eat Salad Every Day
- The 13 Best Foods to Eat for Healthy Lungs, According to Experts

#### Yahoo Life

• What Happens to Your Body When You Eat Salad Every Day

#### **Spoon University**

Blooms Greens Are All Over TikTok - But What Do They Really Do?

#### Livestrong

• The 6 Best Drinks for Longevity, According to Doctors

## Media Work

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#### Her Money

• How To Get The Best Deals on Meal Kits

#### Very Well Fit

- Plant-Based Diet Lowers Risk of Aggressive Prostate Cancer
- How Eating Out Impacts Your Health

#### Forum Daily:

• Six Drinks to Help You Live Longer and Stay Healthier

#### **Clean Plates**

- <u>8 Dietitian-Approved Habits to Increase Your Protein Intake</u>
- <u>9 Food Swaps to Make to Heal Inflammation in Your Body, Say</u> <u>Dietitians</u>
- The 6 Best Drinks for Your Brain Health, Say Experts
- <u>These Tasty</u>, <u>Healthy Dinners from Trader Joe's Take 10 Minutes or</u> <u>Less</u>

## Media Work

Julie Balsamo, MS, RDN

- <u>10 Panera Meals Nutritionists Actually Order</u>
- 10 Easy Mocktail Recipes to Keep Going After Dry January

#### Very Well

• <u>7 Best Teas to Soothe A Sore Throat</u>

#### Men's Health

• <u>5 Healthy Smoothie Recipes That Actually Taste Great</u>