

# Bariatric and Nutrition Podcasts

## Bariatric

1. Bariatric Nutrition Coach
  - Hosted by RD, focused on health and dietary needs of those who have completed bariatric surgery
2. Core Bariatrics
  - Hosted by Bariatric surgeon and her first patient, covers health and fitness topics for bariatric patients
3. Bariatric Surgery Success
  - Hosted by RD who is also a doctor, covers self improvement support, health, fitness, and nutritional education
4. Active Bariatric Nutrition
  - Hosted by Sports and Bariatric RD, provides fitness and overall health support for those who have had bariatric surgery and want to optimize their results
5. Doctor X Dietitian
  - Hosted by RD who is also a doctor, covers education and offers personal struggle support for bariatric and weight loss journey
6. Transform Your Life With Teresa and Tonya
  - Hosted by 2 friends who have undergone bariatric surgery, shares tips and strategies as well as personal stories of bariatric surgery and weight loss
7. BariAftercare
  - Hosted by psychologist, offers healthy coping skills for post-bariatric life
8. Behind the Knife: Bariatric
  - Scientific podcast that covers clinical challenges and reviews research articles and current data on bariatric surgery and weight loss
9. The Pound of Cure Weight Loss
  - Hosted by an MD and RD, offer real world information on bariatric surgery, GLP-1 meds, and nutrition

## Nutrition

1. On Nutrition
  - Hosted by RD, covers modern diets, debunks myths, and offers evidence-based nutrition advice
2. Sound Bites
  - Hosted by RD, variety of nutrition topics from fad diets to food allergies
3. Liz's Healthy table
  - Hosted by RD, covers family nutrition and gives healthy recipe ideas
4. Nutrition Facts with Dr. Greger
  - Hosted by MD, evidenced-based nutrition advice to encourage longevity and protection against disease, covers whole foods plant based diet