

Nutrition and Social Media

Managing Your Social Media Accounts: The Resources

- **Hootsuite** is a platform for managing social media accounts. You can use it to preset posts, track trending topics, and monitor the effects/reach of each update. It also helps you manage all of your accounts in one place, which makes it easier to use them together. Check it out at <http://hootsuite.com/>.
- **GroSocial** is another social media management platform that does many of the same things as Hootsuite. It also helps you customize the look of your social media homepages, setting up gorgeous backgrounds, cover photos, etc. Take a look at it at <http://www.grosocial.com>.
- There are tons of other options out there. Do a little research, talk with other nutrition educators, and find the social media manager that's right for you. It really will make life easier.



Social Media Content Inspiration:

There are lots of places to find content for nutrition-related social media, but they're only helpful if you know how to find them. That's why we've listed some of our favorites below...

- **Food and Health Incorporated**
<http://foodandhealth.com/>
This site reviews the latest food and health news. It explores seasonal cooking, nutrition research, health research studies, exercise ideas, healthful cooking, and much more.
- Food and Health also offers a **calendar** that is full of seasonal

ideas, from recipes to monthly/weekly wellness themes. See it for yourself at <http://foodandhealth.com/calendar/>.

- Another part of Food and Health that might lead to some great content for you is the **Best Nutrition News Twitter Feed**. This feed includes the latest updates from select nutrition educators. View it at <http://foodandhealth.com/news-feeds/>.

- **Health.gov**
<http://www.health.gov>
Health.gov is the go-to page for research updates and health news.
- **Health and Nutrition Sections of Major Newspapers**
<http://www.nytimes.com/pages/health/nutrition/index.html>, etc
This one seems like a bit of a no-brainer, but it's actually worth mentioning. Look to news outlets for the latest health, fitness, and diet information -- just be sure to do your own fact-checking.
<http://wsj.com/health> is also very good for trending articles.