

2025:

- 1. Martha Stewart, Hydrating vegetables, January
- 2. Huff Post, Foods For Losing Body Fat, January
- 3. NY Times, Lemon Water, January
- 4. Authority Magazine, Women over 40 Taking Wt Loss Meds, January
- 5. Eating Well, High Protein Snacks that Lower Cholesterol, January
- 6. Eating Well, Mediterranean Diet, January
- 7. Best Life, Foods that Lower Cholesterol, January
- 8. BU Today, Super Bowl Sunday Foods, February
- 9. Boston 25, Super Bowl Foods, February
- 10. Boston, 25, GLP Meds, February
- 11. Where Food Comes From, An Apple a Day, February,
- 12. Lose It: Hacks For Cooking, February
- 13. Real Simple, Anti-Inflammatory Foods, February
- 14. Winchester Community Cable TV, National Nutrition Month, February
- 15. Health, Happy Aging, February
- 16. Parade Magazine, Blue Zone Diet, February
- 17. BU Today, Egg Substitutes, February
- 18. Authority Magazine, Weight Loss Tips, March
- 19. Yahoo Health, Benefits of Frozen Meals, March
- 20. Next Avenue, Dietary Supplements, March
- 21. Boston Globe Magazine, The Benefits of Not Drinking, March
- 22. Time Magazine, Digital, Amino Acid Supplements, March
- 23. Lose It, GLP1 Medications, March
- 24. Boost Media, Ultra Processed Foods, March
- 25. Women's World, Protein and Weight Loss, April

- 26. Real Simple, Volume Eating, April
- 27. Sirius XM Doctor Radio, Freshman 15, April
- 28. BU Today, Problems with GLP-1 Medications, April
- 29. Newsweek, Long Covid, April
- 30. Off Weight Loss Solutions, Timing of Meals, April
- 31. AARP, Health Snacks, April
- 32. Prevention, Calcium-rich Foods, April
- 33. Weight Loss And...Podcast, Nutrition and GLP1, April
- 34. Wellness Plus, Energy Drinks, April
- 35. Real Simple, Health Habits That Can Shorten Your Lifespan, May
- 36. VeryWell Health, Selenium, May
- 37. Doctor's Radio, GLP 1 Medications, May
- 38. Global Happenings, Frozen Fruit, May
- 39. Epoch Times, Beans and Health, May
- 40. Eating Well, Health Benefits of Broccoli, May
- 41. Health, Nutrition Benefits of Watermelon, June
- 42. US News & World Report, Creatine, June
- 43. Huff Post, Salmon, June
- 44. Health Central, Seed Oils, June
- 45. Very Well Health, Vitamin K, June
- 46. Lose It, Protein in Tuna and Soy, July

2024:

- 1. Well+Good, Caffeine, January
- 2. Lose It, Healthy Chocolate Desserts, January
- 3. WBZ TV, Health Habits in 2024, January

- 4. SheFinds, Foods That Lower Cholesterol, January
- 5. Lose It, Couples Who Lose Weight Together, January
- 6. Eating Well Magazine, Vitamin B12, January
- 7. Fox News, Eating Out On A Diet, January
- 8. Linkwell Health, Healthy Foods To Eat Weekly, January
- 9. Psychreg, Diet Tips For Healthier Sleeping, January
- 10. Forbes Health, Pulses, January
- 11. Food Institute, Glucose Monitoring, February
- 12. Boston 25 TV, Super Bowl, February
- 13. Boston 25 TV, Ultra Processed Foods, February
- 14. Men's Health, Weight Loss Plateaus, February
- 15. Humantonik.com, Fiber, February
- 16. Creators Syndicate, Healthy Travel Snacks, February
- 17. She Finds, Foods that Lower Blood Glucose, February
- 18. Go Banking Rates, Save Money At Aldi's in March, February
- 19. AARP, Sober St. Patty's Day, February
- 20. SheKnows, SuperFoods: Soup for Weight Loss, February
- 21. GoBanking, Healthy Budget Friendly Grocery Tips, March.
- 22. Boston 25 TV, No Alcoholic Beer, March
- 23. Boston 25 TV, Snacking, March
- 24. USA Today, Snacks for Hiking, March
- 25. CBS TV, Unhealthy Meals for Migrants, March
- 26. CBS TV, Unhealthy Meals Part 2, April
- 27. Healthline, Nutrition Misinformation, April
- 28. Experience Life, Ultra Processed Foods, April
- 29. Lose It, Mercury in Fish, May

- 30. Doctors Radio, Ultra Processed Foods, May
- 31. Doctors Radio, Pulses, May
- 32. Lose It!, Starbucks, May
- 33. Lose It! Chipotle, May
- 34. Lose It: Hypertension, May
- 35. NPR, Ultra Processed Foods, May
- 36. Doctor Radio, Mediterranean Diet, June
- 37. Lose It, Non Alcoholic Beverages, June
- 38. Next Avenue, Chrono Nutrition, June
- 39. Very Well Health, Protein in Hot Dogs/Hamburgers, June
- 40. United Press, Ultra Processed Foods, June
- 41. Medium, Grocery Store Savings, July
- 42. Canvas 8, The Carnivore Diet, July
- 43. Sleepopolis, Foods to Avoid for a Better Sleep, July
- 44. First For Women, Citrus Fruit, July
- 45. Time Magazine, Foods That Help Lower Cholesterol, July
- 46. Lose It, High Protein, High Fiber Diets, August
- 47. Yahoo, Leftover Pizza and Safety, August
- 48. Parade, Foods That Shouldn't be Reheated in Microwave, August
- 49. Lose It, Hydrating Vegetables, August
- 50. Boston Globe, Pregnant Women and Nutrition, August
- 51. National Geographic, Beans, August
- 52. Yahoo Life, Carnivore Diet, September
- 53. AARP, Sodium In The Diet, September
- 54. World's Best Magazine, Profile, September
- 55. Fox LiveNow, Food is Medicine, September

- 56. Run, Sweet Potatoes, September
- 57. Live Sciences, Leafy Greens and Medicine Interactions, September
- 58. Lose It! Foods For Weight Loss, September
- 59. Clean Plate, Frozen Meals, September
- 60. Independent, Glee, September
- 61. GBN, Weight Loss Tips, September
- 62. US News & World Report, Weight Management for Children, September
- 63. US News & World Report, Diet for Menopause, September
- 64. Real Simple, Foods To Eat When You Are Sick, October
- 65. Consumer Reports, Squash, October
- 66. Live Science, Licorice, October
- 67. Boston 25, Gen Z Drinking Less, October
- 68. Boston 25, Carnivore Diet, October
- 69. New York Times, Health Benefits of Turkey, October
- 70. Associated Press, Thanksgiving Food Safety Tips, November
- 71. Delish, The Carnivore Diet, November
- 72. Parents, Thanksgiving Tips to Save Money, November
- 73. Men's Fitness, Rum & Cola, November
- 74. Parade, Turkey Food Safety, November
- 75. Forbes, Meal Bowl Slops, November
- 76. Style Crazy, 1,200 Calories Diets, December
- 77. Women's World, Protein Diets, December
- 78. Women's World, Weight Loss Diets, December
- 79. Moving Wave Radio, Vitamin Supplements, December
- 80. Water and Body Hydration, NUR.KZ, December

2023:

- 1. Eat This Not That, Meal Timing and Weight Loss, January
- 2. Creeky Joints, Long Covid, January
- 3. The Daily Mail, Food Compass, January
- 4. Boston 25 TV, Soups For What Ails You, January
- 5. Boston 25 TV, Budget Friendly Hacks, January
- 6. Food Network, Saving Money at the Supermarket, January
- 7. CBS Radio, San Francisco, New School Lunch Menu, February
- 8. Bored Panda, Healthy Restaurant Meals, February
- 9. Yahoo, Food Labeling Dates, February
- 10. Eating Well, Snacks for Those Who Have HTN, February
- 11. SheFinds, Protein-Rich Breakfast, February
- 12. Boston25TV, School Lunch, February
- 13. Boston 25TV, Food as Medicine, March
- 14. Healthline, Olive Oil in Coffee, March
- 15. SheFinds, Breakfast Cereal, March
- 16. Vantage Circle, Foods for Weight Loss, March
- 17. US News & World Report, Frozen Meals, March
- 18. SheFinds, Plant Proteins, March
- 19. Salon, Dietary Supplements, March
- 20. Food Insider, Salt, March
- 21. CBS Boston, Processed Foods, March
- 22. SheFinds, Beans to Stabilize Blood Sugar Levels, March
- 23. Forbes, Weight Loss Tips, March
- 24. Parade, Med Diet for Women, March
- 25. US News & World Report, Dirty Dozen, March

- 26. The Drinks Business, Nutrition Labels on Wine, March
- 27. Fox.com, Tips to Lose 10 lbs by Summer, March
- 28. Forbes, Iron, April
- 29. BU Today, Pesticides on Produce, April
- 30. GoBanking Rates, Save Money on Food, April
- 31. LeadStories, TikTok Craze, April
- 32. Eat This Not That, Aldi Healthy Foods, April
- 33. Men's Health, High Fiber Foods, April
- 34. Huff Post, Hydrating foods, April
- 35. Eating Well, Anti Inflammatory Foods, April
- 36. Eat This, Not That, Snacks for Weight Loss, May
- 37. Eat This, Not That, Alcoholic Beverages and Weight Gain, May
- 38. [Scholastic Science World](#) Magazine, Raw Sugar, May
- 39. Sports Illustrated, Water and Weight Loss, May
- 40. Fox61, Chocolate Milk in Schools, May
- 41. Dr Radio, Frozen Meals, May
- 42. CBS TV Boston, Chocolate Milk In Schools, May
- 43. Parade Magazine, Soup as The Food to Help Weight loss, May
- 44. Forbes Health, Potassium, May
- 45. Newsweek, Timing of Meals, June
- 46. Eat This, Pistachios, June
- 47. Eat This, Not That, Black Beans, June
- 48. Eat This Not That, McDonalds, June
- 49. Go Banking, Healthy Foods at the Dollar Tree Store, June
- 50. Fortune, Healthy FastFood Meals, June
- 51. Creaky Joints, Anti-inflammatory Foods, July

- 52. Fox News, Healthy Vacation Tips, July
- 53. SheFinds, Beans, July
- 54. Boston 25 TV, Hydrating Foods, July
- 55. Boston 25 TV, How To Save Money on July 4th, July
- 56. She Finds, Caffeinated Beverages Before Bed, July
- 57. Newsweek, Healthy Breakfasts, July
- 58. iWeekend, Realistic Weight Loss Goals, July
- 59. Doordash, Cottage Cheese, July
- 60. SheFinds, Healthy Processed Snacks, July
- 61. Hamodia Newspaper, Chocolate, July
- 62. Salon, Eating Raw Flour, August
- 63. Live More Magazine, Budget Friendly Grocery Shopping, August
- 64. Newsweek, Food That Affect Sleep, August
- 65. Fox News, Foods that Fight Constipation, August
- 66. Boston 25 TV, Freshmen 15, August
- 67. Boston 25 TV, Sugar Smacked, August
- 68. WHDH TV, School Lunches On A Budget, August
- 69. US News & World Report, Dietary Fiber, August
- 70. US News & World Report, Frozen Meals, August
- 71. SheFinds, Popcorn for Weight Loss, September
- 72. The Manual, Apples, September
- 73. SheFinds, Apples for a Healthy Heart, September
- 74. Consumer Reports, Pumpkin Spice Latte, September
- 75. She Finds, Healthy Snacks For Women, September
- 76. Preventing Food Waste On A Budget, September
- 77. US News, Complete 55, September

- 78. Caters Media Group, Natural Weight Loss Tips, September
- 79. Boston 25 TV, Family Meals Month, September
- 80. Forbes, Calcium, September
- 81. Eat This, Not That. Low Fat Fastfood Meals, September
- 82. Well + Good, RDs working with Food Companies, October
- 83. Health Canal, Food Safety, October
- 84. Well + Good, Raw Milk, October
- 85. Newsweek, Drinking Water for Weight Loss, October
- 86. Forbes, Protein, October
- 87. CNN, Healthy Fast Foods, October
- 88. Today's Dietitian, Dietitian Highlight, October
- 89. The Brink, Coffee, October
- 90. Forbes, Beets, October
- 91. Simple Most, Fast Food, October
- 92. National Geographic, Synergistic Foods, October
- 93. Eat This, Not That, Salad Dressing, October
- 94. Eat This, Not That, Best Breakfast Burritos, October
- 95. She Knows, Halloween Candy, October
- 96. SheFinds, Heart Healthy Desserts, October
- 97. Outside Magazine, Sweet Potatoes, October
- 98. Food Institute, Fish Options, October
- 99. NewsFul, Losing Weight After 60, October
- 100. Go Banking, Meals at Dollar Tree Store, November
- 101. Mooh, Thanksgiving Tips, November
- 102. Go Banking, Thanksgiving Mistakes, November
- 103. The Manual, Cranberries, November

- 104. Boston 25 TV, Avoid Food Poisoning on Thanksgiving, Nov
- 105. Boston 25TV, Healthy Traveling Tips, November
- 106. USA Tales, Butternut Squash, November
- 107. Fox, Eating Healthy at Subways, November
- 108. Shape Magazine, Weight Loss Diets, November
- 109. Newsweek, Healthy Snacks, November
- 110. SheFinds, Realistic Weight Loss, November
- 111. Boston 25, ABV, December
- 112. Boston 25, Weight Loss Diets, December
- 113. US News, Olive Oil December
- 114. NYT, Healthy Travel Snacks, December
- 115. Nutrition Educators of Health Professionals, Social Media, Dec
- 116. First for Women, Watercress, December
- 117. Men's Health, Healthy Snacks, December