

## Food blogs

By Zak Stambor | Special to the Tribune

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Food- and nutrition-related information is everywhere. Magazines, books and Web sites have been around for years. And there are blogs.

While food and nutrition blogs are certainly nothing new, their popularity is surging—both in number (which is creeping past 10,000) and traffic.

Last year San Diego-based dietitian Wendy Jo Peterson noticed the trend when a number of her clients mentioned that they regularly visited blogs for food and nutrition advice.

While she was glad they were looking for supplemental information beyond their appointments with her, she found that many, if not most, of the sites featured what she deemed poorly sourced information.

"A lot of my clients were reading nutrition blogs that featured information that was based on hearsay," she said.

To give her clients, along with colleagues, family and friends a place to look for nutrition-oriented advice based on backed up by science, she joined the fray by launching [ediblenutrition.blogspot.com](http://ediblenutrition.blogspot.com).

Peterson posts recipes using her unusual weekly community-supported agriculture (CSA) haul, such as dandelion greens, as well as nutritional information and advice. Peterson's emphasis on local, fresh ingredients is, in fact, the main reason that Chicago-based dietitian **Christine Palumbo** visits the site.

"When spring arrives, there will be farmers markets everywhere that offer an opportunity to buy interesting veggies," **Palumbo** said. "This site shows you what to do with them."

We recently asked Palumbo and a half dozen other Chicago-area dietitians to tell us what food- and nutrition-oriented blogs they visit or tell their clients to visit.

While their suggestions are in no way all-inclusive, they offer a guide of well-trafficked and lesser-known sites that offer recipes, as well as nutritional information useful to home cooks and anyone trying to eat more healthfully.

[fitwoman.com/blog](http://fitwoman.com/blog)

Focusing on healthful weight-loss advice for women who are tired of dieting, Marsha Hudnall's

blog offers tips on how to achieve and maintain a healthy weight. The site delves into healthful lifestyle habits, like how to reduce temptations, while also offering easy-to-make recipes.

[cherylforberg.com/blog](http://cherylforberg.com/blog)

As the nutritionist for the TV show "The Biggest Loser," Cheryl Forberg writes about the challenges the contestants face after being eliminated from the show, such as how to stick to a regimented eating plan when dining out. The blog, which is updated weekly, includes recipes with nutrition analysis.

[foodonthefood.com](http://foodonthefood.com)

The Cambridge School of Culinary Arts graduate Tammy Donroe's blog offers her take on food-related news, such as the salmonella outbreak at a Georgia peanut plant, while also chronicling her struggle to eat local while living in the cold Boston climate.

[enourishment.blogspot.com](http://enourishment.blogspot.com)

As a Los Angeles-based dietitian, Marie Feldman launched her blog for friends, family and clients to find recipes that are healthful and taste good. "My recipes are never too detailed or complicated because I want them to be user-friendly for everyone from newlyweds to retired people to college students," she said.

[nutritionunplugged.com](http://nutritionunplugged.com)

Dietitian Janet Helm, a frequent Good Eating contributor, aims to get the facts out about nutrition information and fads. For instance, one recent post noted that eating an apple will deliver more antioxidants than expensive, so-called super juices, such as MonaVie, that contain acai, goji berries, mangosteen and other exotic fruits. "I want to be a source of reliable information for readers," she said. "And offer a place where the record is set straight."

[tamaraduker.com](http://tamaraduker.com)

A self-described "cake-lover cursed with gluten intolerance," Tamara Duker is a graduate student studying nutrition. Her blog delves into the soundness of studies' nutritional claims, such as cardiovascular benefits of dark chocolate. Although the site's entries are generally longer than most blogs, they're filled with recipes and nutrition factoids.

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