

**FOR IMMEDIATE RELEASE:
FEBRUARY 1, 2008**

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**NEW NUTRITION PODCAST DELIVERS DIET TIPS
FROM REGISTERED DIETITIANS**

*Biweekly Nutrition Tidbits podcast downloads fun and practical
nutrition advice straight to your iPod*

BELLINGHAM, WA – If there's one thing just about everyone is short of these days, it's time. With all the stresses of day-to-day living in 2008, it can be hard to get out of autopilot mode and take the time to really take care of your body and eat right.

That's why the Registered Dietitians from nutrition web site HealthCastle.com have created a new series of nutrition podcasts to deliver healthy and practical tips straight to the iPods – or desktops – of busy people.

The dietitians at HealthCastle.com have been offering nutrition tips on their web site for over 10 years, but recently readers have said that they simply have too much on the go to take the time out to read their diet tips. Rather than let them lose out, the HealthCastle.com editorial team took action and created a nutrition podcast so even the busiest people can get their nutrition tips – on the go.

“Our readers told us that women are so busy these days, sometimes they have no time to read,” said Gloria Tsang, Registered Dietitian and founder of HealthCastle.com. “So we're delivering fun and practical diet tidbits right to them in podcasts they can digest in only 5 to 10 minutes.”

Launching on Tuesday, Feb. 5, the Nutrition Tidbits podcast will feature dietitians and guest experts who can offer fresh perspectives on eating right in a busy world. The first podcast episodes include interviews with celebrity Chef Martin Yan of *Yan Can Cook* (on eating healthy the Chinese way), and author and nutrition expert Dr. Janet Brill, PhD, RD (on lowering cholesterol with natural foods).

A new episode of the Nutrition Tidbits podcast will be available from HealthCastle.com or on iTunes every other Tuesday. For more information, visit www.HealthCastle.com

-30-

About HealthCastle.com: HealthCastle.com is the most comprehensive nutrition community run by Registered Dietitians on the web. The dietitians at HealthCastle.com have been sharing their passion for nutrition and health since 1997. For fun and practical healthy eating tips, exclusive nutrition guides, and nutrition podcasts, visit www.HealthCastle.com.