Dietitian Posting Steps

Private, sourced posts about food, inside your credential.

Name: _____ **Date:** _____

1. Rules first

Academy/CDR Code, state law, policy.

2. Who you serve

Clients, states, online, referrals.

3. Pillars

Five or six, plus privacy.

4. Safety post

911, 988, allergy steps. Pin it.

5. Credentials

RD, RDN, state title only if held.

6. No promises

No weight-loss, cure or meal plans.

7. Source facts

FDA, USDA, CDC, NIH, FARE.

8. Rhythm

Two or three posts a week.

9. Replies, review

No advice by DM. Check monthly.

What this planner is and is not

A plan for ethical nutrition posts, not a plan for any one client.

Is Public education and logistics	Pillars, dates, care checks
Is not Not a crisis service	MNT, a meal plan, a promise
Care No client stories or bodies	Sourced, kind, private

Say it on every safety post: this account is not monitored for emergencies.

Emergency: call 911. Crisis: call or text 988. No bodies as proof.

Severe allergic reaction: epinephrine if prescribed, then call 911.

Not emergency care. Not affiliated with the Academy, CDR, FDA or FARE.

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Dietitian Content Planner

Four weeks of pillars, post ideas and care checks.

Name: _____ **Date:** _____

Week	Pillar	Post idea	Care check
Week 1, A			
Week 1, B			
Week 2, A			
Week 2, B			
Week 3, A			
Week 3, B			
Week 4, A			
Week 4, B			

Practice details and replies

Credential and state titles I hold: _____

States I serve (client location): _____

Who I see, and who I refer out: _____

Sources I trust (FDA, USDA, NIH): _____

Standard reply to meal plan DMs: _____

Who checks comments and DMs: _____

Posts to pin (safety, privacy, book): _____

Highlights to update this month: _____

911 emergencies. 988 crisis. Account not monitored for emergencies.

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Dietitian Post Care Check

Read each post as a client or a worried parent first.

Name: _____ **Date:** _____

Check	Post 1	Post 2	Post 3	Post 4
Credential and states accurate	☐	☐	☐	☐
No weight-loss or disease claim	☐	☐	☐	☐
No meal plan, dose or diagnosis	☐	☐	☐	☐
No client faces, logs or details	☐	☐	☐	☐
No before and after or bodies	☐	☐	☐	☐
Source on any fact	☐	☐	☐	☐
Conflicts and gifts disclosed	☐	☐	☐	☐
911, 988, allergy line if needed	☐	☐	☐	☐
Says general information	☐	☐	☐	☐

Dietitian posting pocket cards (cut out)

Privacy
No client stories

Credentials
Only what you hold

Promises
None, ever

DMs
No advice by text

Plans
No meal plans by DM

Bodies
No before and after

Facts
Cite the source

Allergy
Epinephrine, 911

Crisis
911 or 988

General information, not MNT. 911 or 988 in a crisis. Not monitored.

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Dietitian Instagram Templates

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