



The Good Clean Nutrition Podcast Episode 26 Show Notes

Episode 26: Men's Health & Body Image with Aaron Flores, RDN

Eating disorders in men are considered underdiagnosed and undertreated, and stigma around male body image can prevent men from opening up about feelings of body shame. In this episode of The Good Clean Nutrition Podcast, host Mary Purdy, MS, RDN speaks with Aaron Flores, registered dietitian and Certified Body Trust Provider, to discuss men's health and nutrition from a non-diet approach. This Men's Health Month, tune in as they discuss how men can improve their relationships with food, the impacts of weight stigma on men's health, and how to engage in physical movement that supports body trust.

In this episode we'll cover:

- (5:20) Health at Every Size & Body Trust concept
- (14:40) Top nutrition issues men face today
- (23:41) How to improve your relationship with food & body
- (31:40) Physical movement that supports body trust
- (34:52) Men Unscripted Podcast

Links:

- Connect with Aaron on [Instagram](#), [Facebook](#) and [LinkedIn](#), and visit his [website](#).
- Listen to Aaron's podcast, [Men Unscripted](#).

About Aaron Flores, RDN:

Aaron Flores is a registered dietitian, nutritionist and Certified Body Trust Provider. Aaron has over 10 years of experience working with clients, providing one-to-one and group support. He offers a weight inclusive, non-diet approach to help clients end body shame, develop kinder, more compassionate behaviors, and heal the relationship with food. Aaron is also the host of the Men Unscripted Podcast, which is a series of anonymous conversations with men about their experiences with being in their body. He earned his Bachelor of Science in Family Consumer Sciences from California State University Northridge.

About host Mary Purdy, MS, RDN:

Mary Purdy, MS, RDN is an integrative eco-dietitian and nutrition educator with a Master's Degree from Bastyr University, where she is currently adjunct faculty. She has been in clinical practice for over 12 years using a personalized medicine and functional nutrition approach. In addition to being the host of The Good Clean Nutrition Podcast, she had her own podcast, The Nutrition Show, with 100+ episodes, and has authored two books, *Serving the Broccoli Gods* and *The Microbiome Diet Reset*. Mary also teaches for other universities and educational platforms, is a nutrition and sustainability adviser for [Big Bold Health](#), and is a sought-after speaker, consultant and community builder working with organizations to create a more sustainable, just and resilient food system.

Connect with Mary on [Instagram](#), [Facebook](#), [Twitter](#) and [LinkedIn](#), and visit her [website](#).



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