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Named one of "11 Health & Fitness Podcasts You Need" by Cosmopolitan Magazine

The Best Podcast Resources

More dietitians are getting their voices out into the podcast space! Bravo!

As a media trainer, communications coach and host of the Sound Bites® podcast, I get lots of questions about podcasting so I'm sharing some of my favorite resources and information about tools and technology.

I find that podcasting is a lot like food and nutrition: there are some basic principles and strategies that are generally recommended and work well for almost everyone, regardless of individual needs and goals. However, also like food and nutrition, there are some great tools and techniques that work for some and not for others. Your personal preferences and individual needs will determine the best options and solutions for you and your show. At a minimum, your starting point will depend on whether you use a Mac or PC, if your show is solo/co-host or interview-based, and what resources you have more of (time, money, expertise, etc.).

Tips to maximize sound quality during podcast interviews:
(for you AND your guest)

The best **audio quality** can be achieved with a reliable internet connection. If possible, try to find a location (work or home) with fast and reliable internet. Cabled is preferred over Wi-Fi.	Try to find a **quiet space** to minimize background noise and ensure minimal distractions. A room with carpet is better than tiles as this helps to ensure sound doesn't 'bounce around.'	Prior to the call, **update** your recording and call software to ensure a smoother and better call. Simply reboot your computer to make sure all updates are current. Ask your guest to do the same.
If using a **headset**, place the mic 1-1.5 inches from your mouth and avoid moving it for the duration of the call. Also make sure your mic and your guest's mic are "selected" in the recording software and/or through the computer settings to avoid the default setting of the computer's built-in mic.	During the call, **avoid fiddling** with stuff on your desk or playing with the mic cord. If using Apple earbuds or similar then make sure the mic isn't rubbing on your face/neck/hair. Put your phone and computer notifications on silent. If your dog or cat is likely to bark or meow, maybe put them in another room... Let them know it'll only be an hour!	**Help your guest** be their very best by letting them know what to expect and how to prepare for the interview. This includes how you're recording (phone, computer, audio, video, etc.) and what the topic/focus will be.

Equipment and software guide:

PURPOSE	TOOLS FOR PC	TOOLS FOR MAC	COMMENTS
MICROPHONE Ranging from $20 to $500	Blue Yeti · Blue Snowball Audio-Technica ATR2100 · RODE Podcaster CAD USB Mic · basic Logitech headset		Ensure you change your computer settings to this mic instead of your built-in mic. If you're interviewing and your guest doesn't have any of this equipment, a basic headset / Apple-type earbuds will suffice. Just make sure you check their sound quality!
HEADSET	Basic earbuds (e.g., iPhone) Logitech headset		Sound output through the headset is important to reduce feedback.
RECORDING SOFTWARE Ranging from free to $20/mo	SKYPE with Amolto Pamela callnote or Zoom Zencastr	SKYPE with Ecamm call recorder callnote or Zoom Zencastr	If you are doing a virtual interview, you definitely need recording software. For in-person interviews or solo shows you can use Garageband or Audacity (see below) to record. If using Skype, you may want to consider having 2 recorders going (one as a backup). We recommend conducting your Skype call over a reliable internet connection; not to a phone. However, if needed, you can call your guest's phone through Skype (for a small charge).
EDITING SOFTWARE Ranging from free to $50/mo	Audacity Adobe Audition	Garageband (app) Adobe Audition	We recommend starting with the former as it's easier than Adobe Audition. If you run into trouble, run a YouTube search – there are many tutorials on editing. Editing can be very time consuming. Consider outsourcing this step so you can focus more on your content.
HOSTING SERVICE Ranging from $5 to $20 /mo	Libsyn PodBean BuzzSprout Blubrry SoundCloud... and MANY more.		Your podcast host is where you download and "house" your audio files. Your podcast episodes are then "fed" into your directories. You MUST have a podcast host. You cannot house the large files on your website.
PODCAST DIRECTORIES Free	iTunes Stitcher Google Play Overcast Pocket Casts PlayerFM Podcast Addict iHeartRadio Spotify		There are loads of options when it comes to finding and downloading podcasts, so do your best to make it as available as possible. Don't forget to include a mobile friendly podcast player on your own website (ideally in your shownotes).

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Podcast resources:

The Ultimate Podcast Resource List (equipment, hosting, software, media)
Audacity to Podcast (free podcast about podcasting)
How to Expand Your Business by Creating a Compelling Podcast
5 Ways that Podcasting is a Powerful Marketing Weapon
How to Start a Podcast
iTunes Podcasts Connect (how to create, submit, manage and market a podcast)
iTunes Podcast Analytics Beta
Podcasting Manual by Blubrry
She Podcasts (resources, courses, community)
Step by Step Guide to Subscribe, Rate & Review a podcast
Listen Notes (podcast search engine)
Podcast Hosting Companies
Podcast transcription service

Facebook groups:

Dietitians Who Podcast
Podcast Secret Weapon (formerly Podcast Exchange)
She Podcasts
Podcasters Hangout
Podcast Growth Mastermind
Podcast Movement Community
The Audacity to Podcast
Problogger community

SOUND BITES®

Sound *Science* Smart *Nutrition* Good *Food*®

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I hope you find these resources helpful! If you have other resources you like, please let me know and I'll add them to this list to share with others!

If you need more podcasting advice and support, I do a limited amount of 1:1 podcast coaching. Email me if you want to discuss.

Happy podcasting!

Melissa