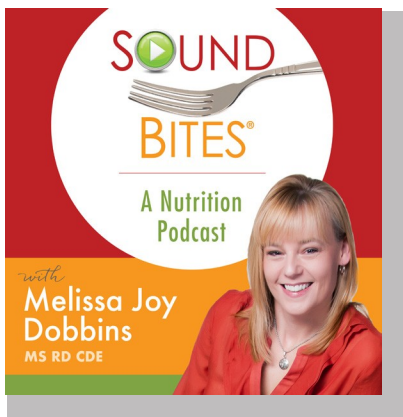


# Melissa Joy Dobbins MS, RDN, CDCES The Guilt-Free RD Host of the Sound Bites® Podcast

Named "One of the best RD-run podcasts"  
by Today's Dietitian



## The Best Podcast Resources



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.). **Don't forget that you can also be a GUEST on other podcasts – we need more credible voices in this space!**

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

The best **audio quality** can be achieved with a fast and reliable internet connection. Go to <https://www.speedtest.net> to check your internet speed. For audio recordings you'll want at least 10 MB per second upload and download. For video you'll want at least 25 MB to 50 MB.

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 limit/avoid any potential glitches. Simply reboot your computer to make sure all updates are current. Ask your guest to do the same. In addition, you and your guest should close out of all other applications.

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, consider putting them in another room.

**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   |
|--|---|--|--|
| <b>MICROPHONE</b><br>Ranging from \$20 to \$500                                      | Choose a <b>dynamic</b> mic INSTEAD of a condenser mic – here’s why:<br><a href="#">Dynamic vs Condenser Mics</a><br><a href="#">Read this post for specific recs</a>   |  | Ensure you change settings or select this mic instead of defaulting to your built-in mic.<br><br>If you’re interviewing and your guest doesn’t have any of this equipment, their built-in mic or a basic headset or Apple-type earbuds will suffice. Just make sure you check their sound quality!   |
| <b>HEADPHONES</b><br>(to use for speaker NOT as a mic)<br>Ranging from \$15 to \$330 | <a href="#">Read this post for specific recs</a>  |  | Sound output through the headset is important to reduce feedback. If your guest is using AirPods as their headset you may want to avoid using them as their microphone because the built-in computer mic is often times much better.   |
| <b>RECORDING SOFTWARE</b><br>Ranging from free to \$20/mo                            | <a href="#">SKYPE with Amolto callnote or Zoom Zencastr Squadcast Riverside</a>   | <a href="#">SKYPE with Ecamm call recorder callnote or Zoom Zencastr Squadcast Riverside</a> | If you are doing a virtual interview, you definitely need recording software.<br><br>For in-person interviews or solo shows you can use Garageband or Audacity (see below) to record.<br><br>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). |
| <b>EDITING SOFTWARE</b><br>Ranging from free to \$50/mo                              | <a href="#">Audacity</a><br><a href="#">Adobe Audition</a>  | <a href="#">Garageband (app)</a><br><a href="#">Adobe Audition</a>                           | There are many editing tutorials on YouTube.<br><br>Editing can be very time consuming. Consider outsourcing this step so you can focus more on your content.  |
| <b>HOSTING SERVICE</b><br>Ranging from \$5 to \$20 /mo                               | <a href="#">Podcast Hosting Companies</a><br><a href="#">Libsyn</a> <a href="#">PodBean</a> <a href="#">BuzzSprout</a><br><a href="#">Blubrry</a> <a href="#">Simplecast</a> ... and MANY more.   |  | Your podcast host is where you download and “house” your audio files. Your podcast episodes are then “fed” into your directories.<br><br>You MUST have a podcast host. You cannot house the large files on your website.   |
| <b>PODCAST DIRECTORIES</b><br>Free   | <a href="#">Apple Podcasts</a><br><a href="#">Spotify</a><br><a href="#">Google Podcasts/YouTube Music</a><br><a href="#">Overcast</a><br><a href="#">Pocket Casts</a><br><a href="#">PlayerFM</a><br><a href="#">Podcast Addict</a><br><a href="#">iHeartRadio</a> |  | There are loads of options when it comes to finding and downloading podcasts, so do your best to make it as available as possible.<br><br>Don’t forget to include a mobile friendly podcast player on your own website (ideally in your shownotes).<br><br>NOTE: Podcast hosts like Libsyn will take care of the distribution to most of these directories for you.  |

## Podcast resources:

[How to Start A Podcast – equipment tips & recording software](#)  
[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](#)  
[Podcasting Manual by Blubrry](#)  
[She Podcasts \(resources, courses, community\)](#)  
[Listen Notes \(podcast search engine\)](#)  
[Podcast transcription service](#)  
[List of Podcasts by RDNs & Resources for Starting a Podcast](#)

## Facebook groups:

[She Podcasts](#)  
[Podcasters Hangout](#)  
[Podcast Movement Community](#)  
[The Audacity to Podcast](#)



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The Guilt-Free RD



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