



eat
right. Academy of Nutrition
and Dietetics

Media Guide

2013–2014

www.eatright.org

Contents

Introduction.....	3
Contact Us.....	3
Who Are the Food and Nutrition Experts?	4
Media Resources	6
Academy Spokespeople.....	7
Who We Are, What We Do	8
What Is an RD (or RDN)?	10
Top 10 Reasons to Consult With an RD (or RDN).....	14
Academy Healthful-Eating Messages.....	16
The 10 Red Flags of Junk Science	17
Consumer Publications from the Academy	18
Commonly Used Dietetics Abbreviations and Credentials	20
Academy Spokespeople	21
Locate a Spokesperson.....	55
Index of Specialty Areas.....	57
Creative Editorial Calendar	72

Addressing the national epidemic of childhood obesity...
Deciphering the latest diet books, apps and trends...
Packing a healthy lunch for the kids... Herbal remedies and supplements... Eating gluten-free... Food allergies... Food safety... Sports nutrition... African-American and Latino nutrition... If you are working on any type of food and nutrition story, the Academy of Nutrition and Dietetics—the world's largest organization of food and nutrition professionals—is your best source for accurate, credible and timely food and nutrition information.

Contact Us

The Academy's Strategic Communications team is available to help with everything from providing background information to arranging an interview with a spokesperson.

Phone: 800/877-1600

Email: media@eatright.org

Ryan O'Malley: Media Relations Manager, ext. 4769

Doris Acosta: Director of Strategic Communications, ext. 4822

Allison MacMunn: Public Relations Manager, ext. 4802

Irene Perconti: Administrative Assistant, ext. 4806

Tom Ryan: Senior Editorial Manager, ext. 4894

Social Media

facebook.com/EatRightNutrition

twitter.com/eatright

youtube.com/EatRightTV

google.com/+eatright

Who Are the Food and Nutrition Experts?

Spokespeople for the Academy of Nutrition and Dietetics are the public's and media's leading experts on all questions of food and nutrition. Why? Because of their education, their experience and the professional credential they have earned: *registered dietitian*.

All registered dietitians are nutritionists, but not all nutritionists are registered dietitians. This is a distinction that can matter a great deal to people's health.

In early 2013, to strengthen the link between the *science of dietetics* and the overall *wellness aspects of nutrition*, the Academy of Nutrition and Dietetics and the Commission on Dietetic Registration approved the optional use of the credential *registered dietitian nutritionist* by all who have earned the registered dietitian credential.

The RD and RDN credentials have identical meanings. Individual practitioners decide whether they will use the credential RD or RDN following their names and both are used in this Guide.

To earn their credential, RDs (or RDNs) must earn at least a bachelor's degree from an accredited college or university, complete an intensive practice internship and pass a national registration examination.

This combination of education and experience is why the Academy encourages journalists and consumers alike to **look for the RD (or RDN) credential** when seeking food and nutrition advice.

RDs (or RDNs) translate nutrition science into practical and applicable ways for people to bring nutritious foods into their daily lives. RDs (or RDNs) know how to distinguish fact from fiction and to give people the tools they need to make realistic eating behavior changes.

The majority of registered dietitians work in the treatment and prevention of disease, often in hospitals, HMOs, private practice or other health care facilities. In addition, RDs (or RDNs) work in community and public health settings and academia and research. RDs (or RDNs) work with food and nutrition industry and business, journalism, sports nutrition, corporate wellness programs and other work settings.

Registered dietitians' expertise in nutrition and health is more extensive than any other health profession and has been recognized as such by Congress as well as federal health agencies like the Centers for Medicare and Medicaid Services.

Numerous scientific studies over many years, including studies mandated by Congress, have shown that medical nutrition therapy provided by a registered dietitian (or registered dietitian nutritionist) can lower health costs, decrease hospital stays and improve people's health. Besides being the designated providers under federal law of medical nutrition therapy for Medicare beneficiaries, registered dietitians (or registered dietitian nutritionists) are the preferred providers of nutrition care and services in many private-sector insurance plans.

Media Resources

How can people determine fact from fiction when searching online for health information? The Academy of Nutrition and Dietetics is here to help with a user-friendly website, www.eatright.org, which contains a wealth of science-based information and advice for the public on eating well and optimizing health.

Features of the public section of www.eatright.org include:

- Tips on helping reduce childhood obesity
- Information on nutrition throughout the life cycle, from infancy through senior years
- Advice for achieving and maintaining a healthy weight
- Information on prevention and management of diseases including diabetes, cancer and celiac disease
- What to do if you have food allergies or intolerances
- Important information on purchasing, preparing and serving the safest possible food
- Timely features such as a “Tip of the Day” and the latest food and nutrition information and trends
- Videos highlighting all aspects of the dietetics profession
- A searchable database of registered dietitian nutritionists throughout the United States.

www.eatright.org/media

This section is designed to be particularly valuable to journalists. Visit regularly for news releases, press kits, photos and other media materials including:

- RSS feeds of the Academy’s press releases
- Downloadable PDF of this *Media Guide*
- Reviews of popular diet books and mobile apps, written by Academy spokespeople
- Complete texts of Academy position papers with audio summaries of newer papers
- Press materials for National Nutrition Month® and Registered Dietitian Day
- Press information for the Academy’s annual Food & Nutrition Conference & Expo
- Video library of Academy’s public service announcements and consumer videos
- Surveys of consumer attitudes and trends on food and nutrition
- Ability to sign up to receive media alerts and releases from the Academy.

Academy Spokespeople

The Academy's volunteer media spokespeople can answer your questions and provide science-based commentary, story ideas and background. Spokespeople are skilled at speaking with the media and excel in translating nutrition science into information consumers can easily understand and apply to their everyday lives.

Located in the nation's largest media markets and with expertise in the most topical nutrition areas, Academy spokespeople can speak on both general topics as well as expertise in specialty areas of nutrition. Academy spokespeople are devoted to their profession. They're committed to telling the public and media the straight story. You'll find their knowledge and their enthusiasm to be contagious.

Beginning on page 21, you'll find biographical sketches of the Academy's 2013–2014 spokespeople along with their top areas of expertise. Additional areas of spokespeople's expertise can be found in the index beginning on page 57.

Please note: Spokespeople's employment affiliations are provided in this guide for information purposes only. Spokespeople conduct interviews on behalf of the Academy and should always be identified as *"a registered dietitian (or registered dietitian nutritionist) and a spokesperson for the Academy of Nutrition and Dietetics."*

Who We Are, What We Do

What is the Academy of Nutrition and Dietetics?

The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving the nation's health and advancing the profession of dietetics through research, education and advocacy. The Academy was founded as the American Dietetic Association in Cleveland, Ohio, in 1917 by a visionary group of women, led by Lenna F. Cooper and the association's first president, Lulu C. Graves, who were dedicated to helping the government conserve food and improve the public's health and nutrition during World War I.

After 95 years, the association changed its name in January 2012 to the Academy of Nutrition and Dietetics. The new name complements the focus of the organization to improve the nutritional well-being of the public, while communicating the academic expertise of its members and supporting the history as a food- and science-based profession. The Academy of Nutrition and Dietetics quickly and accurately communicates our identity: who we are and what we do.

Vision

Optimizing the nation's health through food and nutrition

Mission

Empowering members to be the nation's food and nutrition leaders

Website

www.eatright.org

Location

Headquarters:
120 South Riverside Plaza, Suite 2000
Chicago, IL 60606
800/877-1600

Government Relations office:
1120 Connecticut Avenue N.W., Suite 480
Washington, DC 20036
800/877-0877

Leaders 2013–2014

The Academy is led by a Board of Directors comprised of national leaders in nutrition and health. The dietetics profession is governed by a 106-member elected House of Delegates.

President: Dr. Glenna McCollum, MPH, RDN

President-elect: Sonja Connor, MS, RD, LD

Speaker of the House: Elise Smith, MA, RD, LD

Chief Executive Officer: Patricia M. Babjak

Membership

Approximately 72 percent of the Academy's more than 75,000 members are registered dietitians (or registered dietitian nutritionists) and 2 percent are dietetic technicians, registered. Other members include consultants, educators, researchers and students. Nearly half of all Academy members hold advanced academic degrees. Academy members represent a wide range of practice areas and interests, including public health; diet counseling; foodservice management; restaurants; grocery stores and chains; hospitals and long-term care facilities; education systems; education of other health-care professionals and scientific research.

Affiliate associations

Fifty state dietetic associations, plus the District of Columbia, Puerto Rico and the American Overseas Dietetic Associations, are affiliated with the Academy. Within these groups, there are about 230 district associations.

What is a Registered Dietitian?

A registered dietitian (or registered dietitian nutritionist) is a food and nutrition expert who has met academic and professional requirements including:

- Earning a bachelor's degree with course work approved by the Academy's Accreditation Council for Education in Nutrition and Dietetics. Coursework typically includes food and nutrition sciences, foodservice systems management, business, economics, computer science, sociology, biochemistry, physiology, microbiology and chemistry
- Completing an accredited, supervised, experiential practice program at a health-care facility, community agency or foodservice corporation
- Passing a national examination administered by the Commission on Dietetic Registration
- Completing continuing professional educational requirements to maintain registration. Some RDs (or RDNs) hold additional certifications in specialized areas such as pediatric or renal nutrition and diabetes education.

What is a dietetic technician, registered?

A dietetic technician, registered, often working in partnership with a registered dietitian, screens, evaluates and educates patients; manages and prevents diseases such as diabetes and obesity; and monitors patients' and clients' progress. DTRs work in settings like hospitals and clinics, extended-care facilities, home health-care programs, schools, correctional facilities, restaurants, food companies, foodservice providers, public health agencies, government and community programs like Meals on Wheels, health clubs, weight management clinics and wellness centers. DTRs must complete a two-year college degree in an approved dietetic technician program, have supervised practice experience and pass a nationwide examination to earn the DTR credential and must complete continuing education courses throughout their careers.

Credentialing Agency

The Commission on Dietetic Registration awards credentials to individuals at entry and specialty levels who have met CDR's standards for competency to practice in the dietetics profession, including successful completion of its national certification examination and recertification by continuing professional education or examination.

Professional Educational Programs

The Academy's Accreditation Council for Education in Nutrition and Dietetics is recognized by the U.S. Department of Education as the only accrediting agency for education programs that prepare registered dietitians and dietetic technicians, registered. Through the accreditation and approval of more than 600 undergraduate and graduate didactic, dietetic technician and supervised practice programs, ACEND ensures entry-level education meets quality standards.

Food & Nutrition Conference & Expo

Each fall, the Academy of Nutrition and Dietetics hosts the world's largest meeting of food and nutrition experts. The 2013 Food & Nutrition Conference & Expo will be October 19 to 22 in Houston, Texas. At its conference, the Academy brings together approximately 10,000 registered dietitians, nutrition science researchers, policy makers, health-care providers and industry leaders to address key issues affecting the health of Americans. The Academy's annual meeting features more than 130 research and educational presentations, lectures, debates, panel discussions and culinary demonstrations. More than 350 exhibitors from corporations, government and nonprofit agencies showcase new consumer food products and nutrition education materials.

Media at FNCE

Journalists are encouraged to attend and cover FNCE. Media credentials and complimentary conference registration are available for working members of the press employed by established news organizations and to qualified bloggers. For more information on covering the Academy's Food & Nutrition Conference & Expo, including who is eligible for media credentials, visit www.eatright.org/fnce/media.

Future FNCE Dates

October 18–21, 2014: Atlanta, Ga.

October 3–6, 2015: Nashville, Tenn.

October 15–18, 2016: Boston, Mass.

National Nutrition Month® and Registered Dietitian Day

The Academy offers consumers timely, objective food and nutrition information through numerous programs and services. National Nutrition Month®, created in 1973 and celebrated in March, promotes healthful eating and provides practical nutrition guidance. Registered Dietitian Day was created in 2007 to recognize RDs' countless contributions to the health of the public. Registered Dietitian Day will be March 12, 2014.

Food & Nutrition Magazine

Informing and inspiring its readers, *Food & Nutrition Magazine*® addresses the diverse needs of the nutrition profession through engaging content for a broad spectrum of readers and extended audiences. *Food & Nutrition* publishes articles on food and diet trends, highlights of nutrition research and resources, updates on public health issues and policy initiatives related to nutrition, and explorations of the cultural and social factors that shape Americans' diet and health. Learn more at www.foodandnutritionmagazine.org.

Government and Public Policy

The Academy's government affairs office, based in Washington, D.C., works with state and federal legislators and agencies on public policy issues affecting consumers and the practice of dietetics, including health-care reform; licensure of registered dietitians; child nutrition; obesity; food safety; the *Dietary Guidelines for Americans* and other health and nutrition priorities.

Academy Position Papers

The Academy regularly produces and updates Position Papers on the Academy's official stance on issues that affect the nutritional and health status of the public, such as weight management, functional foods, vegetarian nutrition, dietary fiber, food and water safety, communicating food and nutrition information to the public, healthy pregnancy, biotechnology and nutrition and athletic performance. Position Papers are derived from the latest available research and facts. Texts of Academy Position Papers are available at www.eatright.org/positions.

Journal of the Academy of Nutrition and Dietetics

The most widely read peer-reviewed periodical in the dietetics field, the monthly *Journal of the Academy of Nutrition and Dietetics* offers original research, critical reviews and reports and authoritative commentary and information. Access the table of contents, research study abstracts and selected articles at www.andjrnl.org.

Academy of Nutrition and Dietetics Foundation

The Academy of Nutrition and Dietetics Foundation was established in 1966 as a 501(c)(3) public charity. Its mission is to fund the future of dietetics through research and education. The Foundation's vision is to be a leader in promoting and achieving healthy weight for children, helping to reduce the growing prevalence of childhood obesity. The Foundation achieves its goals by providing support for research, education and public awareness programs and is the largest grantor of scholarships in nutrition and dietetics. Energy Balance 4 Kids (EB4K) is a project developed through a partnership between the Academy of Nutrition and Dietetics Foundation and the Healthy Weight Commitment Foundation. EB4K is a pilot program that is helping to promote nutrition education in schools by creating opportunities for RD-Nutrition Coaches to work with children in schools.

Kids Eat Right

The Academy of Nutrition and Dietetics and its Foundation launched their first joint initiative, Kids Eat Right, in November 2010. This member-driven campaign is dedicated to supporting the efforts of the White House to end the childhood obesity epidemic within a generation. The Academy knows that children need a high-quality diet of the right foods to optimize their growth and development and to maintain a healthy weight. Learn more at www.KidsEatRight.org.

Home Food Safety

The Academy and ConAgra Foods' national Home Food Safety program educates consumers about the serious health issue of food poisoning in the home. Through its award-winning website www.HomeFoodSafety.org and a public awareness campaign, the program provides simple solutions so Americans can easily and safely handle foods and reduce their risk of food poisoning. Access articles, quizzes, downloads and the free "Is My Food Safe?" mobile app at www.HomeFoodSafety.org.

Top 10 Reasons to Consult an RD (or RDN)

For anyone who wants to eat healthfully, reduce their risk for disease and find ways to incorporate physical activity into their daily routine, consulting with a registered dietitian (or registered dietitian nutritionist) is a great first step on the road to good nutrition and health. To locate an RD (or RDN) in any part of the country, visit www.eatright.org.

Below are consumers' *Top 10 Reasons to Consult an RD (or RDN)*:

1. *You have prediabetes and want to stave off diabetes.* A registered dietitian (or registered dietitian nutritionist) can change your life by teaching you skills that will help you lose and keep off weight and keep diabetes at bay.
2. *Your community has high levels of obesity.* A registered dietitian (or registered dietitian nutritionist) can work with public health, government, school and other local leaders to create wellness programs that promote healthful eating and physical activity for everyone.
3. *You are a marketing manager for a large food company and know consumers' preference for good-tasting food that is healthy.* A registered dietitian (or registered dietitian nutritionist) can make the connection and work with your food scientists to develop new products that will be successful in the marketplace.
4. *You want to improve your performance in sports.* A registered dietitian (or registered dietitian nutritionist) can help you set goals to achieve results — whether you're running a marathon, skiing or jogging with your dog.
5. *You have had gastric bypass surgery.* Since your stomach can only manage small servings, it's a challenge to get the right amount of nutrients in your body. A registered dietitian (or registered dietitian nutritionist) will work with you to develop an eating plan for your new needs.

6. *You realize you need to feed your family healthier foods but you do not cook.* A registered dietitian (or registered dietitian nutritionist) who has special culinary skills can teach you how to cook in a simple, healthful and convenient way.
7. *You or your child has issues with food and eating healthfully.* A registered dietitian (or registered dietitian nutritionist) can assist with eating disorders like anorexia, bulimia and overweight issues.
8. *Your community wants more local foods to be available.* A registered dietitian (or registered dietitian nutritionist) can lead efforts to make sure foods will not only be healthy, but also will positively affect the local economy.
9. *You just had your first child, are concerned the baby is not eating enough and need help and confidence for breastfeeding.* A registered dietitian (or registered dietitian nutritionist) can provide guidance and assurance that you and your infant are getting enough iron, vitamin D, fluoride and B vitamins.
10. *Your parents, who are increasing in age, want to stay in their home.* A registered dietitian (or registered dietitian nutritionist) leading a local congregate dining and home-delivered meals program can obtain a nutrition screening to make sure this happens.

Academy's Healthful-Eating Messages

For trusted, accurate, timely and practical nutrition information, seek the advice of a registered dietitian (or registered dietitian nutritionist). Through their education, knowledge and experience, RDs (or RDNs) specialize in translating nutrition science into practical advice.

- Among many valuable health services, a registered dietitian (or registered dietitian nutritionist) can help you overcome eating disorders; set realistic weight loss and weight management goals for yourself and your family; and achieve your optimal athletic performance.
- Visit www.eatright.org to locate a registered dietitian (or registered dietitian nutritionist) near you.
- There is no “magic bullet” for safe and healthful weight management. Successful weight management is a lifelong process. It means adopting a lifestyle that includes a healthful eating plan, coupled with regular physical activity.
- People are not all alike and one size does not fit all when it comes to planning and achieving a healthful diet. What may be the best approach for one person may not be the answer for another.
- The base of most healthy people's eating plans should be fruits, vegetables, whole grains and low-fat protein and dairy.
- There is no better time than the early years to make an impact on the lifelong eating and exercise habits that contribute to health maintenance and disease prevention. Parental involvement is a key component of children's nutrition.
- Parents can teach their children about healthy foods, practice what they teach and make sure physical activity is incorporated into each day.

The 10 Red Flags of Junk Science

With several other health professional organizations, the Academy of Nutrition and Dietetics is a member of the Food and Nutrition Science Alliance. FANSA has compiled a checklist to help consumers evaluate nutrition science and product claims.

Be wary of:

1. Recommendations that promise a quick fix
2. Dire warnings of danger from a single product or regimen
3. Claims that sound too good to be true
4. Simplistic conclusions drawn from a complex study
5. Recommendations based on a single study
6. Statements refuted by reputable scientific organizations
7. Lists of “good” and “bad” foods
8. Recommendations made to help sell a product
9. Recommendations based on studies not peer reviewed
10. Recommendations from studies that ignore differences among individuals or groups.

Academy's Consumer Publications

American Dietetic Association Complete Food and Nutrition Guide (4th ed.)

Roberta Larson Duyff, MS, RD, FADA, CFCS

Houghton Mifflin Harcourt

Available as a Kindle Download

American Dietetic Association Cooking Healthy Across America

American Dietetic Association, Food and Culinary

Professionals Dietetic Practice Group and

Kristine Napier, MPH, RD

Houghton Mifflin Harcourt

American Dietetic Association Easy Gluten-Free: Expert

Nutrition Advice With More Than 100 Recipes

Tricia Thompson, MS, RD, and Marlis Brown, RD, CDE, CDN

Houghton Mifflin Harcourt

Available as a Kindle download

Expect the Best: Your Guide to Healthy Eating Before, During and After Pregnancy

Elizabeth M. Ward, MS, RD

Turner Publishing

Healthy Eating, Healthy Weight for Kids and Teens

Jodie Shield, MEd, RD, and Mary Catherine Mullen, MS, RD

Academy of Nutrition and Dietetics/Eat Right Press

Launching Your Dietetics Career

Kyle W. Shadix, MS, RD, and D. Milton Stokes, MPH, RD, with

Jenna A. Bell, PhD, RD

Academy of Nutrition and Dietetics/Eat Right Press

Pocket Supermarket Guide (4th ed.)

Mary Abbott Hess, MS, RD, FADA

Academy of Nutrition and Dietetics

Right Size for Me: A Weight Management Guide for African American Women

Weight Management Dietetic Practice Group; Delores C.S.

James, PhD, RD

Academy of Nutrition and Dietetics

Available as downloadable PDF

These publications are available in bookstores, through online retailers and at www.eatright.org/shop. Media can request review copies by calling 800/877-1600, ext 4769.

Consumer Mobile Apps

The Gluten Detective app

Don't rely on outdated or incomplete databases when you go grocery shopping. The Gluten Detective helps you choose the foods you buy knowledgeably and safely.

www.eatright.org/shop

Is My Food Safe? app

Is my burger done yet? Are my leftovers still safe to eat? The "Is My Food Safe?" app is your number one companion in the kitchen for reducing your risk of food poisoning.

www.HomeFoodSafety.org/app

Food & Nutrition Magazine app

You can now access *Food & Nutrition Magazine* on your Apple, Android and Amazon mobile devices. Free to members of the Academy of Nutrition and Dietetics, the digital editions offer extra features like links to resources, videos, bookmarks, sharing options and more.

www.FoodandNutritionMagazine.org/app

Commonly Used Dietetics Abbreviations and Credentials

- CDE: Certified Diabetes Educator
- CDN: Certified Dietitian/Nutritionist (state credential)
- CSSD: Board-certified Specialist in Sports Dietetics
- CSG: Board-certified Specialist in Gerontological Nutrition
- CSO: Board-certified Specialist in Oncology Nutrition
- CSP: Board-certified Specialist in Pediatric Nutrition
- CSR: Board-certified Specialist in Renal Nutrition
- DrPH: Doctor of Public Health
- DTR: Dietetic Technician, Registered (national credential)
- LD: Licensed Dietitian (state credential)
- LDN: Licensed Dietitian/Nutritionist (state credential)
- LMHC: Licensed Mental Health Counselor
- MA: Master of Arts
- MD: Doctor of Medicine
- MEd: Master of Education
- MHS: Master of Health Sciences
- MPH: Master of Public Health
- MS: Master of Science
- PhD: Doctor of Philosophy
- RD: Registered Dietitian (national credential)
- RDN: Registered Dietitian Nutritionist (optional credential for registered dietitians)



Academy of Nutrition
and Dietetics

2013–2014

Academy Spokespeople



Sonya Angelone

MS, RDN, CLT

Areas of Expertise:

- Behavior and Lifestyle Modification
- Cardiovascular Nutrition
- Food Allergies
- Insulin Resistance and Metabolic Syndrome
- Obesity and Weight Management

Angelone is the owner of a nutrition consulting firm, providing individual consultations, group programs and corporate workshops. She is a certified LEAP therapist and certified lifestyle counselor. Her clients include food and biotechnology companies. An expert in the management of people with cardiovascular diseases, Angelone specializes in the clinical management of inflammatory conditions related to non-IgE food sensitivities such as IBS, migraine, fibromyalgia and arthritis. Angelone is a member of several Academy dietetic practice groups, including Sports, Cardiovascular and Wellness Nutrition; Dietitians in Functional Medicine; Dietitians in Business and Communications; and Women's Health. Angelone chaired the nutrition committee of the American Heart Association (San Francisco Division) and was a spokesperson for the organization as well. She earned bachelor's and master's degrees from California State University, San Jose.

**Deborah (Debbi) Beauvais**

RDN, CDN, SNS

Areas of Expertise:

- Food Labels, Label Reading
- Food Preparation and Meal Planning
- Food Safety
- School Meals
- School Nutrition Policy

Beauvais has more than 30 years of experience in foodservice management, including 14 years feeding children in schools. She is the district supervisor of school nutrition services at the Gates-Chili Central School District and the East Rochester Union Free School District. Under her direction, these programs have received Best Practice Awards from the New York Office of General Services and the New York Department of Education for excellence in marketing school meals; creative and innovative school nutrition practices; and increasing breakfast participation. In the 2012–2013 school year, the Gates Chili Elementary Schools received the national distinction of Bronze Level HealthierUS Challenge School. Beauvais is ServSafe-certified and a New York State Education Department master instructor in food sanitation and safety. She was the 2012–2013 president of the New York School Nutrition Association and a member of the Education Committee for the National School Nutrition Association. Beauvais worked in health-care foodservice management at Saga/Marriott/Sodexo; taught at a local cooking school; and worked as a corporate nutrition consultant. She served as an adjunct professor at Monroe Community College. Beauvais is a graduate of the University of Dayton.

**Ethan Bergman**

PhD, RDN, CD, FADA

Areas of Expertise:

- Children's Nutrition
- Infant Nutrition
- School Meals
- School Nutrition Policy
- Sports Nutrition and Fitness

Bergman is the associate dean in the College of Education and Professional Studies and professor of food science and nutrition at Central Washington University. He was named CWU Distinguished University Professor in 2001–2002 and was named by the Washington State Dietetic Association as Outstanding Registered Dietitian of the Year in 2000. He is a past delegate and past speaker of the Academy's House of Delegates and was the Academy's president in 2012–2013. Bergman is a former high school biology, physics, mathematics and computer science teacher and a former volleyball and wrestling coach. He has served on the Academy's Educator's Task Force on Education Reform in Dietetics Education and on the Evidence-Based Practice Committee. A graduate of Linn-Benton Community College and Eastern Oregon State College, Bergman received master's degrees in biology from the University of Oregon and in interdisciplinary studies in biology, general studies and education from Western Oregon State College. Bergman earned his doctorate from Washington State University.



Joan Salge Blake

MS, RDN, LDN

Areas of Expertise:

- Aging and Nutrition
- Cardiovascular Nutrition
- Fad Diets
- Food Safety
- Obesity and Weight Management

Blake is a clinical associate professor and director of the dietetic internship at Boston University's Sargent College of Health and Rehabilitation Sciences. In 2012, she was nominated by the university for the U.S. Professor of the Year Award and previously received the University's prestigious Whitney Powers Excellence in Teaching Award. Blake is the author of *Nutrition & You* (Pearson 2012); *Nutrition & You: Core Concepts to Good Health* (Pearson 2010); and *Eat Right the E.A.S.Y. Way* (Simon & Schuster 1991), as well as co-author of *Nutrition: From Science to You* (Pearson 2009). Blake is a past recipient of the Massachusetts Dietetic Association's Recognized Young Dietitian of the Year Award and was named the Academy's 2007 Outstanding Dietetic Educator. In 2009, she received the Academy's Outstanding Dietitian award. *Good Housekeeping Magazine* named Blake "The Most Trusted Person to Follow on Twitter" for healthful eating advice. Blake is a summa cum laude graduate of Montclair State University and earned a master's degree from Boston University where she is working toward a doctorate in educational media and technology.



Constance Brown-Riggs

MSEd, RD, CDE, CDN

Areas of Expertise:

- African-American Nutrition
- Behavior and Lifestyle Modification
- Cultural Competency
- Diabetes
- Insulin Resistance and Metabolic Syndrome

Brown-Riggs owns a nutrition counseling practice and is an award-winning certified diabetes educator. She is the author of *The African American Guide to Living Well with Diabetes* (New Page Books 2010) and *Eating Soulfully and Healthfully with Diabetes* (iUniverse 2006). As a speaker, educator and author, her work has appeared in books for health professionals and consumers alike. Brown-Riggs conducts diabetes education workshops and seminars for schools, churches and other organizations, reaching thousands of people each year. She is past president of both the New York State Dietetic Association and the Long Island Dietetic Association. Her professional honors include the Academy's 2012 Excellence in Practice – Consultation and Business Practice Award; the 2009 Distinguished Dietitian Award from the New York State Dietetic Association; and the 2007 Diabetes Educator of the Year from the Academy's Diabetes Care and Education dietetic practice group. Brown-Riggs is a graduate of Queens College, where she also earned a master's degree.



Judy Caplan

MS, RDN

Areas of Expertise:

- Eating Away from Home
- Fast Food
- Food Labels, Label Reading
- Weight Loss
- Worksite Nutrition

Caplan has more than 30 years of experience in the field of preventive health and nutrition. For the past 10 years, her firm Nutrition Ammunition has been a leader in helping children and adults “keep fit in a fattening world.” Prior to starting her consulting firm and private practice, Caplan worked in hospital dietetics and public health nutrition. She has ghost-written two celebrity nutrition books and authored three books of her own. Caplan is a board member of Prevention Connections, a nonprofit organization committed to addressing both smoking cessation and childhood obesity in Virginia. She earned bachelor’s and master’s degrees from the University of Arizona.



Marjorie Nolan Cohn

MS, RD, CDN, ACSM-HFS

Areas of Expertise:

- Behavior and Lifestyle Modification
- Diet Trends
- Eating Disorders
- Health Coaching
- Weight Loss

Cohn is a specialist in eating disorders, behavior modification and is a certified personal trainer. She is the author of *The Belly Fat Fix: Taming Ghrelin, Your Hunger Hormone, for Quick, Healthy Weight Loss* (Rodale 2013) and co-author of *Overcoming Binge Eating for Dummies* (For Dummies 2013). Cohn owns a consulting practice where she works with individuals, conducts corporate wellness workshops and is a regular speaker at local and national conferences and universities. She worked at the Renfrew Center for Eating Disorders for more than five years; taught nutrition and fitness at the National Personal Training Institute; consulted at New York University's wellness center; and is the director of nutrition at Metro Behavioral Health Associates. Cohn is a graduate of Indiana University of Pennsylvania, where she also earned a master's degree.



Sonja L. Connor

MS, RDN, LD

Areas of Expertise

- Cardiovascular Nutrition
- Dietetics Licensure
- Disease Prevention
- Fats and Omega Fatty Acids
- Nutrition Education for Physicians

Connor is a research associate professor in the department of medicine at Oregon Health Sciences University and director of the university's nutrition elective for medical students, as well as the developer of the nutrition course for physician assistant students. She joined OHSU in 1975. Previously, she was a research dietitian at the University of Iowa Clinical Research Center. Connor has published 86 scientific research papers and books based on trailblazing research on healthful eating to prevent coronary disease and other chronic diseases. Connor's innovative research on omega-3 fatty acids and the developing brain and retina helped lead to the addition of DHA to infant formula. Connor has served as chair-elect of the Academy Foundation's Board of Directors; chaired the Foundation's Scholarship Committee; and is a former member of the Academy's Nominating Committee. In 2005–2006, she was the speaker of the Academy's House of Delegates. She served on the Academy's Strategic Planning Initiative Task Force and was a research delegate to the Academy's Council on Professional Issues. Connor is a past president of the Oregon Dietetic Association and past chair of the Licensure Committee, whose efforts achieved licensure in 1989. She received the Oregon Academy's Award of Merit in 1989, the national Academy's 1996 Excellence in Research Award and the 2010 Medallion Award. Connor is a graduate of Kansas State University and earned a master's degree from the University of Iowa.



Jessica Crandall

RDN, CDE, AFAA

Areas of Expertise

- Behavior and Lifestyle Modification
- Diabetes
- Disease Prevention
- Family Nutrition
- Sports Nutrition and Fitness

Crandall is the general manager at Denver Wellness and Nutrition Center-Sodexo, where she manages a team of six registered dietitians who focus on fulfilling the diverse nutritional needs of the community. She also visits doctors' offices to provide nutritional services as well as hospital-based outpatient programs, assisting in program development for nutritional counseling services. Crandall provides onsite worksite wellness presentations and is also a certified diabetes educator and an AFAA-certified group fitness instructor. Crandall was named the 2009 Colorado Dietitian of the Year; was president-elect of the Colorado Dietetic Association in 2009 and president of the association in 2010. Crandall is a graduate of Colorado State University and completed postgraduate work at the State University of New York at Oneonta.



Melissa Joy Dobbins

MS, RDN, LDN, CDE

Areas of Expertise:

- Diabetes
- Eating on a Budget
- Food Safety
- Healthful Shopping
- Obesity and Weight Management

Dobbins is a food and nutrition expert with more than 20 years of experience and the owner of Sound Bites Inc., where she promotes “sound science, smart nutrition and good food.” Dobbins is a media and communications coach to registered dietitian nutritionists and other professionals. Her background includes clinical nutrition and outpatient counseling, as well as corporate wellness, public speaking, nutrition research, teaching at the collegiate level and launching a consumer nutrition education program for Chicago’s leading supermarket chain. A certified diabetes educator, Dobbins holds certificates in both adult weight management and child and adolescent weight management. She was named the Outstanding Diabetes Educator of the Year in 2011 by the Chicago chapter of the American Association of Diabetes Educators and was also named the Recognized Young Dietitian of the Year in 2004 by the Illinois Dietetic Association. Dobbins has been published in the *Journal of Nutrition Education* and *The ADA Manual of Clinical Dietetics*. She is a graduate of Southern Illinois University, Carbondale, and earned a master’s degree from the University of Missouri, Columbia.



Joy Dubost

PhD, RD, CSSD

Areas of Expertise:

- Epidemiology
- Fad Diets
- Functional Foods and Phytochemicals
- Obesity and Weight Management
- Sports Nutrition and Fitness

Dubost is the owner of Dubost Food & Nutrition Solutions, LLC, a consulting practice that specializes in scientific advising, education and communications. She also serves as the director of nutrition at the National Restaurant Association, where she was responsible for planning, development and implementation of the award-winning, nationally recognized healthy dining program for children called Kids LiveWell. She also creates nutrition education videos and blogs for the NRA. Dubost frequently speaks on scientific topics at national and international conferences and serves on several scientific advisory boards related to nutrition and health. She has authored research articles for scientific journals and writes nutrition and food science articles for professional and consumer publications. She has been a media spokesperson for the New York State Dietetic Association and chair of the restaurant subgroup of the Academy's Food and Culinary Professionals dietetic practice group. She also serves on the nutrition division leadership team for the Institute of Food Technologists. She is a board-certified specialist in sports dietetics and a national competitor in figure skating. Dubost earned an undergraduate degree from Hood College, a master's degree from the University of Georgia and a doctorate from Pennsylvania State University.



Ruth Frechman

MA, RDN, CPT

Areas of Expertise:

- Aging and Nutrition
- Employee Wellness Programs
- Food Safety
- Obesity and Weight Management
- Sports Nutrition and Fitness

Frechman is a private-practice nutrition consultant; owner of On the Weigh, a nutrition therapy and weight-control center; and an ACE-certified personal trainer. She is the author of *The Food Is My Friend Diet* (Gales Publishing 2012). Frechman organizes nutrition-related public events, fairs and other programs that promote healthy eating and physical activity. She has served as a spokesperson for the American Cancer Society, Project LEAN and the California Nutrition Network. Since 2000, Frechman has been a media spokesperson for the California Dietetic Association and is a past president of CDA's Los Angeles district affiliate. She is a member of Toastmasters International and has earned the distinguished toastmaster certificate. Frechman is a graduate of Ripon College and earned a master's degree from California State University, Los Angeles.



Andrea N. Giancoli

MPH, RD

Areas of Expertise:

- Community Nutrition/Public Health
- Fad Diets
- Healthful Shopping
- Nutrition Education for Consumers
- Vegetarian Eating

Giancoli is a nutrition advocate, consultant, educator and freelance writer. Prior to becoming a registered dietitian, Giancoli was a television news producer for CNN, *Extra!* and CBS's *Day & Date*. Giancoli was the nutrition policy consultant for the California Center for Public Health Advocacy, authoring policy research briefs and supporting cities in Los Angeles County develop and adopt healthy food and beverage polices. Prior to joining CCPHA she was the nutrition policy specialist for the Los Angeles Unified School District, where she worked to implement landmark food and beverage policies to improve nutrition environments on school campuses. As co-founder of Fit4School, she partnered with districts to create local wellness policies and produce nutrition education programs for students, teachers and parents. Giancoli leads a behavioral change program designed to improve the management of Type 2 diabetes in seniors. She is a former instructor of human nutrition at UCLA Extension. Giancoli has served the California Dietetic Association's Los Angeles District as public policy chair, state media representative and district representative. She is a past recipient of CDA's Emerging Dietetic Leader Award. Giancoli is a graduate of California State University, Los Angeles, where she also earned a master's degree.



Angela Ginn

RDN, LDN, CDE

Areas of Expertise:

- African-American Nutrition
- Diabetes
- Family Nutrition
- Healthful Shopping
- Recipe Development and Makeovers

Ginn works as an education coordinator/nutrition diabetes educator at University of Maryland Center for Diabetes and Endocrinology, where she counsels patients on treating and managing diabetes and other endocrine diseases. She is the owner of Real Talk Real Food, a consulting practice for health care corporations and organizations and develops nutrition education programs for disease prevention. Ginn is a writer for the medical industry and conducts webinars for consumers on nutrition-related topics. Through cooking demonstrations, she works with local governments on promoting healthful eating and physical activity; she also has provided education to women and children. Ginn is a graduate of Morgan State University.

**Amy Jamieson-Petonic**

MEd, RD, CSSD, LD, LMT

Areas of Expertise:

- Eating on a Budget
- Employee Wellness Programs
- Weight Loss
- Wellness Nutrition
- Worksite Nutrition

Jamieson-Petonic is an exercise physiologist and licensed massage therapist in addition to being a registered dietitian and board-certified specialist in sports dietetics. She is a professional speaker on corporate nutrition and fitness, weight management and wellness and is the president of Nutrition Today with Amy J, a consulting company that helps individuals and corporations meet their health and wellness goals. In her role as program manager at Cleveland Clinic Wellness Enterprise, Jamieson-Petonic has helped corporations transform their current environments to a culture of wellness through an extensive nutrition strategy for optimal engagement. She also created an online nutrition program called *Go! Foods for You*, based on the latest clinical research on the benefits of following a Mediterranean-based program. Jamieson-Petonic graduated from the University of Akron and earned a graduate degree from Cleveland State University.



Ximena Jimenez

MS, RDN, LD

Areas of Expertise:

- Behavior and Lifestyle Modification
- Cardiovascular Nutrition
- Children's Nutrition
- Diabetes
- Latino Nutrition

Jimenez provides individual and group nutrition counseling to children and adults and is a certified ServSafe instructor. As a consultant, she has worked with organizations including United Way, Advanced Health Education Center, Food and Drug Administration, Sysco, Family Christian Association of America, Favorite Staffing, Humana Healthcare, Paradise Christian School, BTG pharmaceuticals, Vista Healthcare and SMH Diabetes Care Center. Jimenez has appeared as a guest expert on Telemundo, Univision, Caracol and Univision Radio and is the nutrition expert for the national radio program *Salud y Familia with Dr. Huerta*. Jimenez is a former legislative chairperson of the Miami Dietetic Association. She is a graduate of Florida International University, where she earned a master's degree in communications.



Melinda Johnson

MS, RDN

Areas of Expertise:

- Breast Feeding
- Children's Nutrition
- Infant Nutrition
- Maternal and Prenatal Nutrition
- Mindful/Intuitive Eating

Johnson is the director of the didactic program in dietetics and lecturer at Arizona State University, where she teaches courses in nutrition communication and nutrition in the media. She is the owner of a nutrition consulting company, where she has worked with nonprofit agencies and nutrition education programs to improve menus and deliver accurate nutrition education. She is also a freelance writer and frequent guest speaker for professional and consumer organizations. Previously, Johnson worked extensively in public health, primarily with the Arizona Department of Health Services, specializing in maternal health, breast feeding and infant and family nutrition. Johnson is active with the Arizona Dietetic Association and is a graduate of Arizona State University, where she earned a master's degree.

**Kristi King**

MPH, RDN, CNSC, LD

Areas of Expertise:

- Adolescent Nutrition
- Children's Nutrition
- Gastrointestinal Nutrition
- Medical Nutrition Therapy
- Wellness

King is a senior pediatric dietitian at Texas Children's Hospital in Houston and a clinical instructor at Baylor College of Medicine, providing nutrition counseling to children and their families, specializing in chronic malabsorptive and intestinal conditions. King was an essential member of the development of Baylor College of Medicine's two-week nutrition and physical activity-based summer weight loss camp for obese children. She serves as a co-investigator for nutrition research projects including quality improvement, obesity and nutrition support. King is a frequent speaker to health professionals and the public in both local and national settings and serves as a nutrition expert and advisory board member for many community and health organizations. King was the recipient of the Houston Area Dietetic Association's Recognized Young Dietitian of the Year Award in 2008. She is a graduate of Florida State University and earned a master's degree in public health from the University of Texas.



Sarah Krieger

MPH, RDN, LDN

Areas of Expertise:

- Adolescent Nutrition
- Behavior and Lifestyle Modification
- Eating on a Budget
- Family Nutrition
- Maternal and Prenatal Nutrition

Krieger is a nutrition consultant and leader of All Children's Hospital's Fit4AllKids and Fit4AllTeens weight management and fitness for families programs. Since the programs began in 2004, Krieger has counseled hundreds of families. She leads a three-year randomized trial counseling obese pregnant women and Fit4AllMoms, the only prenatal nutrition class focusing on overweight women. Krieger consults for Healthy Start, working with women from pre-conception and pregnancy and children from birth to age 3. Krieger also has extensive experience in the foodservice industry and is the owner of a nutrition consulting and video business. Her nutrition education web program SarahRD.tv was launched in August 2011. Krieger is a past president of the Pinellas Dietetic Association and is the chair of district presidents for the Florida Dietetic Association. Krieger is a graduate of Central Michigan University and earned a master's degree in public health from the University of South Florida.

**Kim Larson**

RDN, CD, CSSD

Areas of Expertise:

- Disease Prevention
- Nutrition Education for Consumers
- Sports Nutrition and Fitness
- Weight Loss
- Wellness Nutrition

Larson is a board-certified specialist in sports dietetics and founder of Total Health, a nutrition consulting company specializing in nutrition, fitness and health coaching for individuals, athletes and teams. Larson does personal nutrition coaching for corporations, as well as industry consulting work on topics related to nutrition, food and health. She also speaks to a variety of audiences that include consumer groups, sports teams and organizations, corporate wellness programs, community programs, the fitness industry and other health care professionals. Larson has extensive experience in public relations, communications, writing, corporate program design, development and implementation and fitness and nutrition education for consumers. Larson developed a six-month program of public service announcements for a Puget Sound radio station on behalf of Washington registered dietitians, in which she created and voiced healthy eating messages for consumers. Larson received the 2012 President's Award for outstanding service to the Washington State Academy of Nutrition and Dietetics and is the organization's director of communications. Larson is a graduate of Viterbo University.



Angela Lemond

RDN, CSP, LD

Areas of Expertise:

- Behavior and Lifestyle Modification
- Children's Nutrition
- Family Nutrition
- Gastrointestinal Nutrition
- Obesity and Weight Management

Lemond works in private practice, assisting children, adults and families with nutrition for disease prevention as well as food therapy to treat a variety of medical conditions. Lemond is a board-certified specialist in pediatric nutrition and holds a certification in child and adolescent weight management. On her blog, LemondNutrition.com/blog, she writes about challenges of raising healthy children and offers tips and resources on how to make living well easier. Lemond received the 2011 Texas Dietetic Association Media Award and the 2010 Academy of Nutrition and Dietetics Emerging Dietetics Leader Award. Lemond is a graduate of the University of Texas Southwestern Allied Health Sciences Center.



Heather Mangieri

MS, RDN, CSSD, LDN

Areas of Expertise:

- Behavior and Lifestyle Modification
- Fad Diets
- Obesity and Weight Management
- Sports Nutrition and Fitness
- Weight Loss

Mangieri is an award-winning expert in wellness and human performance and a board-certified specialist in sports dietetics. She owns Nutrition CheckUp, a consulting practice that specializes in sports nutrition, weight management and family wellness. She also coaches weight management and wellness clients to improve their life with nutrition and physical activity to feel better and prevent disease. Mangieri frequently writes on sports nutrition and weight management topics and speaks to consumers and professionals. She is a former faculty member in the department of exercise science at Chatham University and an instructor at the University of Pittsburgh. Mangieri is on the leadership team of the Academy's Sports, Cardiovascular and Wellness Nutrition dietetic practice group and is active with the Pennsylvania and Pittsburgh dietetic associations. In 2012, Mangieri received the Keystone Award for demonstrating outstanding professional standards. In 2008, she was Pennsylvania's Young Dietitian of the Year. Mangieri is a graduate of Pennsylvania State University. She earned a master's degree from the University of Pittsburgh.

**Dr. Glenna McCollum**

MPH, RDN

Areas of Expertise:

- Children's Nutrition
- Disease Prevention
- Education Technology
- Health Education
- Sustainable Agriculture

McCollum is vice president of health and nutrition for PhycoBiosciences, Inc. and serves on Arizona's statewide leadership board of directors for Project CENTRL (Center for Rural Leadership). She was a founding member of Gold Canyon Bank and served as the inaugural president of Chandler University; assistant dean and director of nutrition of Central Arizona College; and chief executive officer of the Chandler Education Foundation. McCollum is a nationally known speaker, a published author and was the editor for more than 20 nutrition textbooks during her tenure at Central Arizona College. She also directed the production of *Giggles, Squiggles and Squirms*, an early childhood education series promoting good nutrition, physical activity and parent involvement in early learning. In addition to serving on the Academy's Board of Directors, McCollum was the speaker for the House of Delegates and vice-chair of the Quality Management Committee. She was recognized as the Outstanding Educator of the Year. McCollum served as president of the Arizona Dietetic Association and was recognized as Arizona's Outstanding Dietitian of the Year. She was also recognized as the Outstanding Woman of Chandler and received the Community Service Award from Project CENTRL. McCollum is a graduate of Arizona State University. She earned a master's degree from Loma Linda University and a doctorate in management and organizational leadership from the University of Phoenix.



Jennifer McDaniel

MS, RDN, LD, CSSD

Areas of Expertise:

- Behavior and Lifestyle Modification
- Family Nutrition
- Obesity and Weight Management
- Sports Nutrition and Fitness
- Weight Loss

McDaniel is the founder and owner of McDaniel Nutrition Therapy, a nutrition consulting company that specializes in weight management, sports nutrition and corporate wellness. She consults for Carmichael Training Systems, an international endurance sports consulting company, developed by the elite Olympic cyclist Chris Carmichael. CTS trained several cyclists who wore the yellow jersey in the Tour de France. McDaniel has run several marathons including the Boston Marathon. She was the former undergraduate director and instructor in the department of nutrition and dietetics at Saint Louis University from 2006 to 2011. McDaniel has developed and designed wellness programs for numerous companies in the St. Louis area. McDaniel earned a bachelor's degree from the University of Tennessee, Knoxville, and a master's degree from Saint Louis University, graduating summa cum laude from both universities.



Libby Mills

MS, RDN, LDN

Areas of Expertise:

- Eating on a Budget
- Food Preparation and Meal Planning
- Food Safety
- Healthful Shopping
- Restaurants, Culinary, Chefs and Culture

Mills is a professional speaker, writer and cooking/nutrition coach with expertise in the restaurant and retail food industries, including food safety, restaurant nutrition and culinary practices. She is known locally as the host of “Libby’s Luncheonette,” a weekly St. Louis radio show. She has written for consumer and trade publications and blogs at digneatup.com. Mills is a graduate of Saint Louis University, where she also earned a master’s degree.



Marisa Moore

MBA, RDN, LD

Areas of Expertise:

- Behavior and Lifestyle Modification
- Cardiovascular Nutrition
- Disease Prevention
- Recipe Development and Makeovers
- Worksite Nutrition

Moore owns a nutrition consulting practice where she works with corporations, groups and individuals to improve health outcomes in wellness, weight management, heart health and disease prevention. Moore also consults with the food and restaurant industry to develop and promote healthy recipes, food products and campaigns. She is an adjunct instructor in the department of nutrition at Georgia State University and frequently speaks to health professionals and the public on food and nutrition topics. Previously, Moore was the nutrition program manager for the employee wellness program at the U.S. Centers for Disease Control; the corporate nutritionist in research and development for Atlanta Bread Company; and an outpatient dietitian at DeKalb Medical Center where she specialized in diabetes education. Moore earned a specialty certificate in adult weight management in 2006. She is a past president of the Georgia Dietetic Association and continues to be active in local, state and national professional organizations. She received the 2010 Georgia Emerging Dietetic Leader Award and the Media Excellence Award in 2008. Moore is a graduate of Georgia State University, where she also earned a master's degree in business administration.

**Kelly Pritchett**

PhD, RDN, CSSD

Areas of Expertise:

- Carbohydrates
- Eating Disorders
- Epidemiology
- Obesity and Weight Management
- Sports Nutrition and Fitness

Pritchett is an assistant professor of sports nutrition at the University of Georgia. As a board-certified specialist in sports dietetics, she has consulted with both elite and collegiate athletes as well as with active individuals. While in college, she competed on the swimming and diving team for four years. Pritchett serves on the leadership committee of the Academy's Sports, Cardiovascular and Wellness Nutrition dietetic practice group as the fact sheet editor. Pritchett is also an active member of the American College of Sports Medicine. She has authored research articles for scientific journals and presented at regional and national conferences. Pritchett is a graduate of the University of Alabama, where she also earned a doctorate in kinesiology.



Vandana Sheth

RDN, CDE

Areas of Expertise:

- Children's Nutrition
- Diabetes
- Food Allergies
- Obesity and Weight Management
- Vegetarian Eating

Sheth is the owner of a nutrition consulting practice focusing on diabetes, food allergies, obesity/weight management, gastrointestinal and cardiovascular nutrition and disease prevention. She works with individuals, groups, community organizations and schools. She has written articles on nutrition for magazines and other professional publications and has served as a nutrition expert specializing in food allergies and vegetarian nutrition with numerous community organizations. Sheth frequently speaks to a wide range of audiences about food allergies, diabetes, health and wellness, nutrition and disease prevention. In addition to her work with the news media, Sheth has contributed nutrition articles to physician practice websites. She graduated summa cum laude from California State University, Los Angeles, completed a certificate program in gerontology and is board certified as a diabetes educator.

**Toby Smithson**

RDN, LDN, CDE

Areas of Expertise:

- Community Nutrition/Public Health
- Diabetes
- Food Preparation and Meal Planning
- Kosher Foods
- Vegetarian Eating

Smithson is the founder of DiabetesEveryDay.com, an online guidance and support resource for people with diabetes, where she shares strategies and tools for self-managing diabetes, mixing professional expertise with personal experience successfully managing diabetes for more than 40 years. Smithson has developed and implemented diabetes support groups for high school teens, given women's health presentations and developed child nutrition programming and worksite wellness programs. She is a columnist for the Chicago suburban newspaper the *Daily Herald* and the co-author of *Diabetes Meal Planning and Nutrition for Dummies* (Wiley 2013). She is also active in several diabetes advocacy groups and sits on the Board of Directors of the Illinois Legislative Diabetes Caucus Foundation. Smithson earned the Commission on Dietetic Registration's certificate of training in adult weight management. In 2009, she was awarded the Illinois Dietetic Association's Outstanding Dietitian award. She is a past president of the Illinois Dietetic Association and continues to hold leadership positions at the state level. A graduate of Northern Illinois University, she is completing a master's degree at Benedictine University.



Bethany Thayer

MS, RDN

Areas of Expertise:

- Behavior and Lifestyle Modification
- Employee Wellness Programs
- Recipe Development and Makeovers
- Wellness Nutrition
- Worksite Nutrition

Thayer is director of the Center for Health Promotion and Disease Prevention at Henry Ford Health System. She is responsible for a team of health professionals who plan, develop and implement wellness programs for their 30,000 team members, patients, community and other employer groups. Past roles include developing health education programs, such as the award-winning HAP Weight Wise Program and coordinating HFHS's community nutrition program Heart Smart®. She is a past writer of the "Ask the RD" column in *hapwise* magazine and weekly "Heart Smart" column in the Detroit Free Press, developing hundreds of recipes that were compiled into the *Heart Smart II Cookbook* (Detroit Free Press 1996), the *Heart Smart Kids Cookbook* (Detroit Free Press 2000) and the *Heart Smart III Cookbook* (Detroit Free Press 2011). Thayer is a frequent speaker to industry and community groups. She has published numerous scientific studies and is an adjunct faculty member in the School of Health Sciences at Oakland University. She was named the Michigan Academy of Nutrition and Dietetics' 1993 Recognized Young Dietitian of the Year, received the organization's Academy Media Award in 2004 and 2006 and was recently recognized as the 2012 Michigan Outstanding Dietitian of the Year. Thayer is a graduate of Michigan State University and earned a master's degree in exercise science from Oakland University.



Jim White
RDN, ACSM-HFS

Areas of Expertise:

- Diet Trends
- Eating Away from Home
- Men's Nutrition
- Sports Nutrition and Fitness
- Weight Loss

White is the owner of Jim White Fitness and Nutrition Studios and author of the "Fit-in-30" plan. He is certified by the American College of Sports Medicine as a health fitness specialist and is on the nutrition and fitness advisory board for *Men's Fitness* magazine. White also serves on the regional board of directors of the National Strength and Conditioning Association. He received the President's Council on Fitness, Sports and Nutrition Community Leadership Award and the 2012 Health Care Hero Award. White was voted one of the Top 40 Businessmen under 40 in the Hampton Roads region and was recognized in 2009 as Virginia's Young Dietitian of the Year. In addition, he is the sports dietitian for Old Dominion University. In 2010, White started the Jim White Community Fitness Foundation to raise money for school fitness programs, feed the poor and clothe the homeless. White is a graduate of Youngstown State University.

To contact an Academy spokesperson, call 800/877-1600, ext. 4769, or email media@eatright.org.

Arizona

Phoenix

Melinda Johnson, p. 40

California

Los Angeles

Ruth Frechman, p. 35

Andrea Giancoli, p. 36

Vandana Sheth, p. 51

San Francisco

Sonya Angelone, p. 22

Colorado

Denver

Jessica Crandall, p. 32

District of Columbia

Judy Caplan, p. 29

Joy Dubost, p. 34

Florida

Miami

Ximena Jimenez, p. 39

Tampa

Sarah Krieger, p. 42

Georgia

Athens

Kelly Pritchett, p. 50

Atlanta

Marisa Moore, p. 49

Illinois

Chicago

Melissa Joy Dobbins, p. 33

Toby Smithson, p. 52

Maryland

Baltimore

Angela Ginn, p. 37

Massachusetts

Boston

Joan Salge Blake, p. 27

Michigan

Detroit

Bethany Thayer, p. 53

Missouri

St. Louis

Jennifer McDaniel, p. 47

New York

Hilton

Deborah Beauvais, p. 24

Massapequa

Constance Brown-Riggs, p. 28

New York City

Marjorie Nolan Cohn, p. 30

Ohio

Cleveland

Amy Jamieson-Petonic, p. 38

Pennsylvania

Philadelphia

Libby Mills, p. 48

Pittsburgh

Heather Mangieri, p. 45

Texas

Dallas

Angela Lemond, p. 44

Houston

Kristi King, p. 41

Virginia

Virginia Beach

Jim White, p. 54

Washington

Seattle

Kim Larson, p. 43

Index of Specialty Areas

Adolescent Nutrition

Jessica Crandall, p. 32
Melinda Johnson, p. 40
Kristi King, p. 41
Sarah Krieger, p. 42
Heather Mangieri, p. 45
Vandana Sheth, p. 51

African-American Nutrition

Constance Brown-Riggs, p. 28
Angela Ginn, p. 37
Marisa Moore, p. 49

Aging and Nutrition

Joan Salge Blake, p. 27
Ruth Frechman, p. 35, p. 35
Kim Larson, p. 43, p. 43
Vandana Sheth, p. 51
Jim White, p. 54, p. 54

Autism/Developmental Disorders

Heather Mangieri, p. 45

Bariatric/Weight Loss Surgery

Jessica Crandall, p. 32

Behavior and Lifestyle Modification

Sonya Angelone, p. 22
Constance Brown-Riggs, p. 28
Marjorie Nolan Cohn, p. 30, p. 30
Jessica Crandall, p. 32
Joy Dubost, p. 34, p. JD
Ximena Jimenez, p. 39
Sarah Krieger, p. 42
Angela Lemond, p. 44
Heather Mangieri, p. 45
Jennifer McDaniel, p. 47
Marisa Moore, p. 49
Bethany Thayer, p. 53
Jim White, p. 54

Breast Feeding

Melinda Johnson, p. 40

Calcium

Sonya Angelone, p. 22

Melissa Joy Dobbins, p. 33

Andrea Giancoli, p. 36

Cancer Nutrition

Vandana Sheth, p. 51

Carbohydrates

Sonya Angelone, p. 22

Constance Brown-Riggs, p. 28

Jessica Crandall, p. 32

Melissa Joy Dobbins, p. 33

Joy Dubost, p. 34

Angela Ginn, p. 37

Kim Larson, p. 43

Kelly Pritchett, p. 50

Vandana Sheth, p. 51

Cardiovascular Nutrition

Sonya Angelone, p. 22

Joan Salge Blake, p. 27

Constance Brown-Riggs, p. 28

Sonja L. Connor, p. 31

Ruth Frechman, p. 35

Ximena Jimenez, p. 39

Kim Larson, p. 43

Angela Lemond, p. 44

Marisa Moore, p. 49

Celiac Disease

Angela Lemond, p. 44

Children's Nutrition

- Ethan Bergman, p. 26
- Judy Caplan, p. 29
- Melissa Joy Dobbins, p. 33
- Ruth Frechman, p. 35
- Ximena Jimenez, p. 39
- Melinda Johnson, p. 40
- Kristi King, p. 41
- Sarah Krieger, p. 42
- Angela Lemond, p. 44
- Glenna McCollum, p. 46
- Jennifer McDaniel, p. 47
- Vandana Sheth, p. 51
- Toby Smithson, p. 52

Cholesterol

- Sonya Angelone, p. 22
- Ximena Jimenez, p. 39
- Libby Mills, p. 48

Community Nutrition/Public Health

- Andrea Giancoli, p. 36
- Melinda Johnson, p. 40
- Kristi King, p. 41
- Sarah Krieger, p. 42
- Marisa Moore, p. 49
- Toby Smithson, p. 52

Cultural Foods/Cultural Competency

- Constance Brown-Riggs, p. 28
- Vandana Sheth, p. 51

Diabetes

- Constance Brown-Riggs, p. 28
- Jessica Crandall, p. 32
- Melissa Joy Dobbins, p. 33
- Ruth Frechman, p. 35
- Angela Ginn, p. 37
- Ximena Jimenez, p. 39
- Vandana Sheth, p. 51
- Toby Smithson, p. 52

Diet Trends

- Deborah Beauvais, p. 24
Joan Salge Blake, p. 27
Judy Caplan, p. 29
Marjorie Nolan Cohn, p. 30
Joy Dubost, p. 34
Andrea Giancoli, p. 36
Kristi King, p. 41
Angela Lemond, p. 44
Heather Mangieri, p. 45
Marisa Moore, p. 49
Kelly Pritchett, p. 50
Jim White, p. 54

Dietary Guidelines

- Deborah Beauvais, p. 24
Joan Salge Blake, p. 27
Joy Dubost, p. 34
Kim Larson, p. 43
Bethany Thayer, p. 53

Dietetics Licensure

- Sonja L. Connor, p. 31

Dietetics Profession

- Deborah Beauvais, p. 24
Melissa Joy Dobbins, p. 33
Amy Jamieson-Petonic, p. 38
Melinda Johnson, p. 40

Disease Prevention

- Sonya Angelone, p. 22
Judy Caplan, p. 29
Marjorie Nolan Cohn, p. 30
Sonja L. Connor, p. 31
Jessica Crandall, p. 32
Angela Ginn, p. 37
Amy Jamieson-Petonic, p. 38
Kim Larson, p. 43
Angela Lemond, p. 44
Glenna McCollum, p. 46
Jennifer McDaniel, p. 47
Marisa Moore, p. 49
Vandana Sheth, p. 51

Eating Away from Home

Deborah Beauvais, p. 24
Judy Caplan, p. 29
Jessica Crandall, p. 32
Joy Dubost, p. 34
Kristi King, p. 41
Heather Mangieri, p. 45
Libby Mills, p. 48
Marisa Moore, p. 49
Bethany Thayer, p. 53
Jim White, p. 54

Eating Disorders

Marjorie Nolan Cohn, p. 30
Angela Ginn, p. 37
Kelly Pritchett, p. 50

Eating on a Budget

Deborah Beauvais, p. 24
Joan Salge Blake, p. 27
Judy Caplan, p. 29
Melissa Joy Dobbins, p. 33
Ruth Frechman, p. 35
Amy Jamieson-Petonic, p. 38
Sarah Krieger, p. 42
Libby Mills, p. 48
Toby Smithson, p. 52
Bethany Thayer, p. 53

Education Technology

Glenna McCollum, p. 46

Employee Wellness Programs

Judy Caplan, p. 29
Marjorie Nolan Cohn, p. 30
Ruth Frechman, p. 35
Amy Jamieson-Petonic, p. 38
Ximena Jimenez, p. 39
Kristi King, p. 41
Bethany Thayer, p. 53

Environmental Nutrition

Andrea Giancoli, p. 36

Epidemiology (Research Review & Analysis)

Joy Dubost, p. 34

Kelly Pritchett, p. 50

Fad Diets

Joan Salge Blake, p. 27

Marjorie Nolan Cohn, p. 30

Joy Dubost, p. 34

Andrea Giancoli, p. 36

Heather Mangieri, p. 45

Jennifer McDaniel, p. 47

Kelly Pritchett, p. 50

Jim White, p. 54

Family Nutrition

Jessica Crandall, p. 32

Melissa Joy Dobbins, p. 33

Angela Ginn, p. 37

Amy Jamieson-Petonic, p. 38

Melinda Johnson, p. 40

Kristi King, p. 41

Sarah Krieger, p. 42

Angela Lemond, p. 44

Heather Mangieri, p. 45

Jennifer McDaniel, p. 47

Vandana Sheth, p. 51

Bethany Thayer, p. 53

Fast Food

Judy Caplan, p. 29
Angela Lemond, p. 44
Heather Mangieri, p. 45
Jennifer McDaniel, p. 47
Libby Mills, p. 48
Bethany Thayer, p. 53
Jim White, p. 54

Fats and Omega Fatty Acids

Sonya Angelone, p. 22
Sonja L. Connor, p. 31
Kim Larson, p. 43
Libby Mills, p. 48

Fiber

Joan Salge Blake, p. 27
Jessica Crandall, p. 32
Ximena Jimenez, p. 39
Vandana Sheth, p. 51

Folic Acid

Sonya Angelone, p. 22
Sarah Krieger, p. 42

Food Allergies

Sonya Angelone, p. 22
Angela Lemond, p. 44
Vandana Sheth, p. 51

Food Labels, Label Reading

Deborah Beauvais, p. 24
Joan Salge Blake, p. 27
Constance Brown-Riggs, p. 28
Judy Caplan, p. 29
Melissa Joy Dobbins, p. 33
Andrea Giancoli, p. 36
Ximena Jimenez, p. 39
Libby Mills, p. 48
Marisa Moore, p. 49

Food Policy and Programs

Andrea Giancoli, p. 36

Food Preparation and Meal Planning

Deborah Beauvais, p. 24

Jessica Crandall, p. 32

Ruth Frechman, p. 35

Angela Ginn, p. 37

Sarah Krieger, p. 42

Angela Lemond, p. 44

Libby Mills, p. 48

Marisa Moore, p. 49

Toby Smithson, p. 52

Food Safety

Deborah Beauvais, p. 24

Joan Salge Blake, p. 27

Melissa Joy Dobbins, p. 33

Ruth Frechman, p. 35

Ximena Jimenez, p. 39

Sarah Krieger, p. 42

Libby Mills, p. 48

Bethany Thayer, p. 53

Functional Foods and Phytochemicals

Sonya Angelone, p. 22

Joan Salge Blake, p. 27

Joy Dubost, p. 34

Amy Jamieson-Petonic, p. 38

Gastrointestinal Nutrition

Sonya Angelone, p. 22

Kristi King, p. 41

Angela Lemond, p. 44

Health Coaching

Sonya Angelone, p. 22
Marjorie Nolan Cohn, p. 30
Andrea Giancoli, p. 36
Amy Jamieson-Petonic, p. 38
Kim Larson, p. 43
Libby Mills, p. 48
Bethany Thayer, p. 53
Jim White, p. 54

Health Education

Judy Caplan, p. 29
Andrea Giancoli, p. 36
Amy Jamieson-Petonic, p. 38
Kristi King, p. 41
Sarah Krieger, p. 42
Glenna McCollum, p. 46
Bethany Thayer, p. 53

Health Fraud, Quackery

Deborah Beauvais, p. 24
Melinda Johnson, p. 40

Healthful Shopping

Deborah Beauvais, p. 24
Judy Caplan, p. 29
Melissa Joy Dobbins, p. 33
Andrea Giancoli, p. 36
Angela Ginn, p. 37
Amy Jamieson-Petonic, p. 38
Ximena Jimenez, p. 39
Sarah Krieger, p. 42
Heather Mangieri, p. 45
Libby Mills, p. 48

Herbal Remedies and Botanicals

Joy Dubost, p. 34

High Blood Pressure, Hypertension

- Sonya Angelone, p. 22
- Joan Salge Blake, p. 27
- Constance Brown-Riggs, p. 28
- Ximena Jimenez, p. 39
- Toby Smithson, p. 52

Holistic, Integrative and Alternative Nutrition

- Sonya Angelone, p. 22
- Marisa Moore, p. 49

Infant Nutrition

- Ethan Bergman, p. 26
- Melinda Johnson, p. 40
- Sarah Krieger, p. 42

Insulin Resistance and Metabolic Syndrome

- Sonya Angelone, p. 22
- Constance Brown-Riggs, p. 28
- Melissa Joy Dobbins, p. 33
- Angela Ginn, p. 37
- Toby Smithson, p. 52

Kosher Foods

- Toby Smithson, p. 52

Latino Nutrition

- Ximena Jimenez, p. 39

Maternal and Prenatal Nutrition

- Melissa Joy Dobbins, p. 33
- Melinda Johnson, p. 40
- Sarah Krieger, p. 42
- Jennifer McDaniel, p. 47
- Kelly Pritchett, p. 50

Medical Nutrition Therapy

- Constance Brown-Riggs, p. 28
- Kristi King, p. 41
- Angela Lemond, p. 44

Men's Nutrition

- Ruth Frechman, p. 35
- Ximena Jimenez, p. 39
- Jim White, p. 54

Mindful/Intuitive Eating

Judy Caplan, p. 29
Marjorie Nolan Cohn, p. 30
Joy Dubost, p. 34
Melinda Johnson, p. 40
Jennifer McDaniel, p. 47
Toby Smithson, p. 52
Jim White, p. 54

Natural and Organically Grown Foods

Marjorie Nolan Cohn, p. 30
Libby Mills, p. 48

Nutrient Analysis

Deborah Beauvais, p. 24
Constance Brown-Riggs, p. 28
Heather Mangieri, p. 45
Marisa Moore, p. 49

Nutrition and Medical Care

Angela Lemond, p. 44

Nutrition Education for Consumers

Sonya Angelone, p. 22
Deborah Beauvais, p. 24
Andrea Giancoli, p. 36
Amy Jamieson-Petonic, p. 38
Melinda Johnson, p. 40
Sarah Krieger, p. 42
Kim Larson, p. 43
Toby Smithson, p. 52

Nutrition Education for Physicians

Sonja L. Connor, p. 31
Kristi King, p. 41

Nutritional Assessment

Constance Brown-Riggs, p. 28

Obesity and Weight Management

- Sonya Angelone, p. 22
- Joan Salge Blake, p. 27
- Melissa Joy Dobbins, p. 33
- Joy Dubost, p. 34
- Ruth Frechman, p. 35
- Andrea Giancoli, p. 36
- Amy Jamieson-Petonic, p. 38
- Ximena Jimenez, p. 39
- Angela Lemond, p. 44
- Heather Mangieri, p. 45
- Jennifer McDaniel, p. 47
- Marisa Moore, p. 49
- Kelly Pritchett, p. 50
- Vandana Sheth, p. 51
- Jim White, p. 54

Osteoporosis

- Toby Smithson, p. 52

Protein

- Jessica Crandall, p. 32
- Melissa Joy Dobbins, p. 33
- Kelly Pritchett, p. 50

Recipe Development and Makeovers

- Andrea Giancoli, p. 36
- Angela Ginn, p. 37
- Marisa Moore, p. 49
- Bethany Thayer, p. 53

Restaurants, Culinary, Chefs and Culture

- Joy Dubost, p. 34
- Angela Ginn, p. 37
- Libby Mills, p. 48

School Meals

- Deborah Beauvais, p. 24
- Ethan Bergman, p. 26
- Kristi King, p. 41
- Sarah Krieger, p. 42

School Nutrition Policy

- Deborah Beauvais, p. 24
- Ethan Bergman, p. 26
- Andrea Giancoli, p. 36
- Kristi King, p. 41

Sports Nutrition and Fitness

- Ethan Bergman, p. 26
- Marjorie Nolan Cohn, p. 30
- Jessica Crandall, p. 32
- Joy Dubost, p. 34
- Ruth Frechman, p. 35
- Amy Jamieson-Petonic, p. 38
- Kim Larson, p. 43
- Heather Mangieri, p. 45
- Jennifer McDaniel, p. 47
- Kelly Pritchett, p. 50
- Jim White, p. 54

Stress and Emotional Eating

- Constance Brown-Riggs, p. 28
- Judy Caplan, p. 29
- Marjorie Nolan Cohn, p. 30
- Joy Dubost, p. 34
- Ruth Frechman, p. 35
- Melinda Johnson, p. 40
- Jennifer McDaniel, p. 47
- Bethany Thayer, p. 53

Supplements and Vitamins

- Sonya Angelone, p. 22
- Jessica Crandall, p. 32
- Joy Dubost, p. 34
- Heather Mangieri, p. 45
- Kelly Pritchett, p. 50
- Jim White, p. 54

Sustainable Agriculture

- Glenna McCollum, p. 46

Vegetarian Eating

- Joan Salge Blake, p. 27
- Judy Caplan, p. 29
- Ruth Frechman, p. 35
- Andrea Giancoli, p. 36
- Angela Ginn, p. 37
- Jennifer McDaniel, p. 47
- Libby Mills, p. 48
- Marisa Moore, p. 49
- Kelly Pritchett, p. 50
- Vandana Sheth, p. 51
- Toby Smithson, p. 52

Vitamin D

- Melissa Joy Dobbins, p. 33
- Kim Larson, p. 43
- Kelly Pritchett, p. 50

Water, Hydration

- Kim Larson, p. 43
- Kelly Pritchett, p. 50

Weight Loss

- Constance Brown-Riggs, p. 28
- Judy Caplan, p. 29
- Marjorie Nolan Cohn, p. 30
- Jessica Crandall, p. 32
- Ruth Frechman, p. 35
- Amy Jamieson-Petonic, p. 38
- Kim Larson, p. 43
- Heather Mangieri, p. 45
- Libby Mills, p. 48
- Jennifer McDaniel, p. 47
- Kelly Pritchett, p. 50
- Toby Smithson, p. 52
- Jim White, p. 54

Wellness Nutrition

Sonya Angelone, p. 22
Deborah Beauvais, p. 24
Jessica Crandall, p. 32
Amy Jamieson-Petonic, p. 38
Kristi King, p. 41
Kim Larson, p. 43
Jennifer McDaniel, p. 47
Bethany Thayer, p. 53

Women's Nutrition

Joan Salge Blake, p. 27
Ruth Frechman, p. 35
Angela Ginn, p. 37
Amy Jamieson-Petonic, p. 38
Melinda Johnson, p. 40
Kim Larson, p. 43
Angela Lemond, p. 44
Jennifer McDaniel, p. 47
Libby Mills, p. 48
Vandana Sheth, p. 51
Toby Smithson, p. 52
Bethany Thayer, p. 53

Worksite Nutrition

Joan Salge Blake, p. 27
Judy Caplan, p. 29
Amy Jamieson-Petonic, p. 38
Marjorie Nolan Cohn, p. 30
Kim Larson, p. 43
Marisa Moore, p. 49
Bethany Thayer, p. 53

Creative Editorial Calendar

January

New Year

Solutions for resolutions

Tips for taking off holiday pounds

National Birth Defects Awareness Month

Thyroid Awareness Month

February

American Heart Month

Black History Month

National Children's Dental Health Month

Valentine's Day

National Wear Red Day

Health benefits of chocolate

Fitting sweets into the diet

Super Bowl Sunday

March

National Nutrition Month®

Registered Dietitian Day (March 12, 2014)

St. Patrick's Day

National School Breakfast Week

National Colorectal Cancer Awareness Month

Save Your Vision Month

World Kidney Day

American Diabetes Alert Day

April

April Fools' Day

Myths about food might "fool" you

Irritable Bowel Syndrome Awareness Month

Cancer Control Month

Alcohol Awareness Month

National Autism Awareness Month

National Minority Health Month

National Public Health Week

Easter egg safety

Passover

World Health Day

May

Arthritis Awareness Month
 National Barbecue Month
 Cinco de Mayo
 Digestive Diseases Awareness Month
 National Family Month
 National High Blood Pressure Education Month
 Mother's Day
 National Mediterranean Diet Month
 National Osteoporosis Awareness and Prevention Month
 National Physical Fitness and Sports Month
 National Women's Health Week
 National Women's Check-up Day
 Older Americans Month
 Physical Fitness and Sports Month
 Stroke Awareness Month
 Global Employee Health and Fitness Month
 Healthy Vision Month
 National Celiac Disease Awareness Month
 National Senior Health & Fitness Day

June

Summer festivals
 National Dairy Month
 Father's Day
 Healthy meals for kids to prepare for Dad
 Men's Health Week
 Fresh Fruits and Vegetables Month
 Family vacations: Eating healthfully on the road

July

Independence Day
 Safe summer grilling
 Healthy foods at ballparks
 Healthy foods at state and county fairs
 Hydration
 Family vacations: Eating healthfully on the road

August

Back to school
 Pack a healthy, fun and nutritious lunchbox
 Children's Eye Health and Safety Month
 Manage a diet on dorm food
 Avoid the "Freshman 15"
 College cooking on a budget
 Family vacations: Dashboard dining
 Ramadan
 World Breastfeeding Week

September

National Cholesterol Education Month
Fruits and Veggies—More Matters Month
Healthy Aging Month
National Childhood Obesity Awareness Month
National Food Safety Education Month
Labor Day
World Heart Day
Self-Improvement Month
National Women's Health & Fitness Day
Whole Grains Month
National Celiac Disease Awareness Day

October

Academy's Food & Nutrition Conference & Expo (October 19–22, 2013)

National Breast Cancer Awareness Month
Halloween
Child Health Day
Walk to School Day
Bone and Joint Health National Awareness Week
World Food Day
Healthy Halloween treats for kids
Hunger Awareness Month
Vegetarian Awareness Month

November

American Diabetes Month
Great American Smokeout
Effects of smoking on nutrition, weight gain
Gastroesophageal Reflux Disease Awareness Week
Thanksgiving
Balance, variety and moderation
Turkey tips

December

Christmas, Kwanzaa and Hanukkah
World AIDS Day (December 1)
National Handwashing Awareness Week
Healthy snacks for the holidays
Weight maintenance over the holidays

RDs (or RDNs) are the most valued source of food and nutrition services

“You have to read labels and not make assumptions that something is good for you just because it’s the buzz word of the minute.”

Melissa Joy Dobbins, MS, RDN, LDN, CDE | *Woman’s Day*

“Picture your plate having four sections. Fill up two sections (half the plate) with fruits and vegetables. Meat should take up no more than a quarter of the dish.”

Ruth Frechman, MA, RDN, CPT | *QualityHealth*

“Fruits and vegetables that contain high water content can add volume to your meals without the calories. They keep you satisfied!”

Angela Ginn, RDN, LDN, CDE | *Self*

“Hummus is [one of] my top five snacks because it has the right combination of protein and fiber, your two best accomplices when you want to control your appetite and weight.”

Ximena Jimenez, MS, RDN, LD | *Huffington Post*

“It’s a shame that so much money goes into products that don’t work. What will cause the weight loss is the diet and exercise.”

Heather Mangieri, MS, RDN, CSSD, LDN | *Yahoo!*

The background features a grid of colored circles. A central circle is pink, surrounded by orange circles. Below the pink circle are two circles, one orange and one teal. Below the teal circle is a green circle. The bottom row consists of three light orange circles.

800/877-4769

media@eatright.org

www.eatright.org/media



The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving the nation's health and advancing the profession of dietetics through research, education and advocacy.