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Introduction

Addressing the national epidemic of childhood obesity… Deciphering the latest diet books, apps and trends… Packing a healthy lunch for the kids… Juicing and detoxing… 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 an Academy Spokesperson.

Phone: 800/877-1600

Email: media@eatright.org

Social Media

facebook.com/EatRightNutrition
twitter.com/EatRight
youtube.com/EatRightTV
google.com/+Eatright
facebook.com/KidsEatRight
twitter.com/KidsEatRight
pinterest.com/KidsEatRight
Who Are the Food and Nutrition Experts?

Academy of Nutrition and Dietetics Spokespeople 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 nutritionist.

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, 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.

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

RDNs’ expertise in nutrition and health is more extensive than any other health professional, 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 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 dietitian nutritionists are the preferred providers of nutrition care and services in many private-sector insurance plans.

The majority of RDNs work in the treatment and prevention of disease, often in hospitals, 41Os, private practice or other health care facilities. In addition, RDNs work in community and public health settings and academia and research. RDNs work in food and nutrition industry and business, journalism, sports nutrition, corporate wellness programs and other work settings.
Introduction

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 www.eatright.org include:

• Information on nutrition throughout the life cycle, from infancy through senior years
• Advice for achieving and maintaining a healthy weight
• Information on preventing and managing diseases including diabetes, cancer and celiac disease
• What to do if you have food allergies or intolerances
• An entire Kids Eat Right section dedicated to children, parents and caretakers
• Important information on purchasing, preparing and serving the safest possible food
• Videos highlighting topics for a healthy lifestyle
• A searchable database of registered dietitian nutritionists throughout the United States.

www.eatrightPRO.org/media
Part of the Academy’s eatrightPRO.org website, dedicated to professionals, the media section is designed to be particularly valuable to journalists. Visit regularly for news releases, press kits, photos and other media materials including:

• Downloadable PDF of this Media Guide
• Reviews of popular diet books and mobile apps written by Academy Spokespeople
• Complete texts of Academy position papers
• Media materials for National Nutrition Month® (March) and Kids Eat Right Month™ (August)
• Press information for the Academy’s annual Food & Nutrition Conference & Expo™ (October)
• 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.
Introduction

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 and have 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 22, you’ll find biographical sketches of the Academy’s 2016–2017 Spokespeople along with their top areas of expertise. Additional areas of expertise can be found in the index beginning on page 58.

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 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 organization’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, ADA changed its name in 2012 to the Academy of Nutrition and Dietetics. The Academy’s 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.

In 2017, the Academy will celebrate its centennial—again looking ahead and setting a bold vision for the future as its founders did 100 years ago.

Vision
Optimizing health through food and nutrition

Mission
Empowering members to be food and nutrition leaders

Websites
www.eatright.org
www.eatrightPRO.org
www.eatrightSTORE.org
www.kidseatright.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 2016–2017
The Academy is led by a Board of Directors comprised of national leaders in nutrition and health. The dietetics profession is governed by a 105-member elected House of Delegates.

President: Lucille Beseler, MS, RDN, LDN, CDE, FAND
President-elect: Donna S. Martin, EdS, RDN, LD, SNS, FAND
Speaker of the House: Linda T. Farr, RDN, LD, FAND
Chief Executive Officer: Patricia M. Babjak

Membership
Approximately 70 percent of the Academy’s more than 75,000 members are registered dietitian nutritionists and 2 percent are nutrition and 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 Nutritionist?
A 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 RDNs hold additional certifications in specialized areas such as pediatric or renal nutrition and diabetes education.

What is a Nutrition and Dietetic Technician, Registered?
A nutrition and dietetic technician, registered, often working in partnership with a registered dietitian nutritionist, screens, evaluates and educates patients; manages and prevents diseases such as diabetes and obesity and monitors patients’ and clients’ progress. NDTRs 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. NDTRs 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 NDTR 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 dietitian nutritionists and nutrition 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 2016 Food & Nutrition Conference & Expo will be held October 15 to 18 in Boston, Mass. At its conference, the Academy brings together approximately 10,000 registered dietitian nutritionists, 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
Media are encouraged to attend and cover FNCE. Media credentials and 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 http://www.eatrightfnce.org/FNCE/Media.

Future FNCE Dates
October 27–30, 2018: Washington, D.C.
**National Nutrition Month® and Registered Dietitian Nutritionist Day**

The Academy offers consumers timely, objective food and nutrition information through numerous programs and services. National Nutrition Month®, created in 1973 and celebrated each March, promotes healthful eating and provides practical nutrition guidance.

Registered Dietitian Nutritionist Day was created in 2007 to recognize RDNs’ countless contributions to the health of the public. The next Registered Dietitian Nutritionist Day will be March 8, 2017.

**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.FoodandNutrition.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 dietitian nutritionists, 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, healthful pregnancy and nutrition and athletic performance. Position Papers are derived from the latest available research and facts. Academy Position Papers are available for download at www.eatrightPRO.org/positions.
Journal of the Academy of Nutrition and Dietetics
The most widely read, peer-reviewed periodical in the dietics 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. Full text articles are made available to the media through the Academy’s public relations team.

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 dietics 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 dietics.

Kids Eat Right
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. In 2010, the Academy and its Foundation launched their first joint initiative: Kids Eat Right. This member-driven campaign is dedicated to supporting the efforts of the White House to end the childhood obesity epidemic within a generation. Learn more at www.kidseatright.org.

Kids Eat Right Month™
Created in 2014, Kids Eat Right Month™ is celebrated each August to highlight the role everyone, from registered dietitian nutritionists to parents and educators, plays in ensuring a healthy future for our nation’s children. Kids Eat Right Month focuses on the importance of healthful eating and active lifestyles for children and families, featuring expert advice from registered dietitian nutritionists.

Home Food Safety
The Academy’s national Home Food Safety program educates consumers about the serious health issue of food poisoning in the home. Through its award-winning website and public awareness campaign, the program provides simple solutions so Americans can easily and safely handle foods. Access articles, quizzes, videos, downloads and the free Is My Food Safe? mobile app at www.HomeFoodSafety.org.
Top 10 Reasons to Consult an 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 nutritionist is a great first step on the road to good nutrition and health. To locate an RDN in any part of the country, visit www.eatright.org/find-an-expert.

Below are consumers’ Top 10 Reasons to Consult with an RDN:

1. **You have prediabetes and want to stave off diabetes.** A 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 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 food company and know consumers’ preference for good-tasting food that is healthy.** A 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 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 nutritionist will work with you to develop an eating plan for your new needs.
6. You realize the need to feed your family healthier foods but you do not cook. A 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 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 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 breast-feeding. A 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 nutritionist leading a local congregate dining and home-delivered meals program can obtain a nutrition screening to help make sure this happens.
Academy’s Healthful-Eating Messages

• For trusted, accurate, timely and practical nutrition information, seek the advice of a registered dietitian nutritionist.

• Through their education, knowledge and experience, RDNs specialize in translating nutrition science into practical advice.

• Among many valuable health services, an RDN 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 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 healthy 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.
Consumer Publications from the Academy

365 Days of Healthy Eating from the American Dietetic Association
This award winning title contains practical hints, tips and strategies—one for each day of the year—for keeping healthy eating and regular exercise at the top of your daily agenda.

American Dietetic Association Cooking Healthy Across America
Written by a panel of experienced dietitians and culinary professionals, this cookbook includes over 350 mouth-watering recipes.

Becoming Vegetarian
Want to learn more about vegetarian eating? Becoming Vegetarian can help.

Bits and Bytes: A Guide to Digitally Tracking Your Food, Fitness, and Health
Digitally tracking your food and fitness habits has many benefits—it’s fast, easy, comprehensive and fun. Learn how to get started and choose the tool that’s right for you with this accessible guide.

Complete Food and Nutrition Guide, Fourth Edition
This award-winning book from the world’s leading authority on food and nutrition is packed with the latest nutrition advice for every age and stage of life.

Dieting for Dummies, Second Edition
This best-seller delivers weight loss and exercise strategies for adults, children and athletes.

Expect the Best: Your Guide to Healthy Eating Before, During, and After Pregnancy
The latest nutrition and exercise information and research from preconception through pregnancy and post-delivery.

The Healthy Beef Cookbook
Features more than 130 delicious, nutritious recipes using cuts of beef that meet government guidelines for lean labeling.

Healthy Eating, Healthy Weight for Kids and Teens
This book shows families how they can buck the trend of childhood obesity and have fun doing it. Using a family-
friendly approach, the authors present eight Academy-backed strategies for managing weight.

**Launching Your Career in Nutrition and Dietetics: How to Thrive in the Classroom, the Internship, and Your First Job, Second Edition**

This friendly and informative “guided tour” of a career in nutrition and dietetics is perfect for prospective RDNs, students, interns and recent graduates. From choosing a program and landing an internship through success at your first job, this guide covers all aspects of the path to becoming an RDN.

**Total Body Diet for Dummies**

An expert led guide to losing weight—and keeping it off—the healthy way using proven strategies focusing on food, fitness and mindfulness.

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

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**Consumer Mobile Apps**

**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. Download this free app to answer your food safety questions, including the safe minimum internal cooking temperatures of foods; a listing of the shelf life of common foods; and an interactive kitchen safety quiz.

www.homefoodsafety.org/app.

**Food & Nutrition Magazine app**

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 audiences. The *Food & Nutrition Magazine* app is available on 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

ACSM-CPT: American College of Sports Medicine Certified Personal Trainer

ACSM-EP-C: American College of Sports Medicine Certified Exercise Physiologist

CDE: Certified Diabetes Educator

CDN: Certified Dietitian/Nutritionist (state credential)

CEDRD: Certified Eating Disorder Registered Dietitian

CHC: Certified Health Coach

CLT: Certified LEAP Therapist

CNSC: Certified Nutrition Support Clinician

CSCS: Certified Strength and Conditioning Specialist

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)

EdD: Doctor of Education

EdS: Education Specialist

FAND: Fellow of the Academy of Nutrition and Dietetics

HHC: Holistic Health Counselor

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

NDTR: Nutrition and Dietetics Technician, Registered (optional credential for dietetic technician, registered)

PhD: Doctor of Philosophy

RD: Registered Dietitian (national credential)

RDN: Registered Dietitian Nutritionist
2016–2017 Academy Spokespeople
Sonya Angelone
MS, RDN, CLT

Areas of Expertise:
- Behavior and Lifestyle Modification
- Cardiovascular Nutrition
- Food Allergies
- Holistic, Integrative and Alternative Nutrition
- 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 lifestyle eating and performance therapist and certified lifestyle counselor. Her clients include food and biotechnology companies. An expert in assisting people with cardiovascular diseases, Angelone specializes in the clinical management of inflammatory conditions related to non-immunoglobulin E food sensitivities, such as irritable bowel syndrome, migraine, fibromyalgia and arthritis. Angelone chaired the nutrition committee of the American Heart Association (San Francisco Division) and was a spokesperson for the organization. She earned undergraduate and master’s degrees from California State University – San Jose.
Torey Armul
MS, RD, CSSD, LDN

Areas of Expertise:
• Family Nutrition
• Maternal and Prenatal Nutrition
• Obesity and Weight Management
• Sports Nutrition and Fitness
• Stress and Emotional Eating

Armul is a board-certified specialist in sports dietetics and award-winning nutrition communications expert. She works in private practice and as a personalized health coach for a mobile health app. Armul worked as a clinical dietitian at the Rehabilitation Institute of Chicago, a brand marketing executive at the public relations agency FleishmanHillard and as a consultant and counselor for an employee wellness company. Armul is a graduate of Washington University in St. Louis and earned a master’s degree from the University of Illinois at Chicago.
Lucille Beseler
MS, RDN, LDN, CDE, FAND

Areas of Expertise:
- Business Management
- Children’s Nutrition
- Diabetes
- Dietetics Licensure
- Infant Nutrition

Beseler is an entrepreneur, author and professional speaker. In 1991 she established the Family Nutrition Center of South Florida—a comprehensive practice providing in-office consultations, nutrition services to hospitals and other community organizations and corporate and community wellness programs throughout the state of Florida. She is a pioneer in the area of nutrition reimbursement and continues to create innovative models to allow consumers greater access to nutrition services.

Beseler also owns Bill It! MNT, a practice and billing solutions company designed for RDNs, which helps corporations, small and large practices create and obtain nutrition reimbursement opportunities. She has spoken at national and state dietetic association meetings and corporate events and is the co-author of *Nurturing with Nutrition: Everything You Need to Know about Feeding Infants and Toddlers* (Bazarte and Beseler 2003). Beseler has served on the Academy’s Board of Directors, as president of the Florida Academy of Nutrition and Dietetics and as chairman of the Dietetic Nutrition Practice Council of the Florida State Licensing Board. Beseler is a graduate of Queens College – City University of New York and earned a master’s degree from New York University.
Jennifer Bruning  
MS, RDN, LDN  

Areas of Expertise:  
• Cultural Foods/Cultural Competency  
• Diet Trends  
• Elderly Nutrition/Gerontology  
• Employee Wellness Programs  
• Worksite Nutrition

Bruning is director of wellness for SodexoMAGIC, where she implements wellness initiatives across the country for her corporate clients. Her previous roles have included general manager for Sodexo’s healthcare division, adjunct professor of nutrition at Columbia College Chicago and clinical dietitian for ManorCare Health Services. Bruning is a graduate of St. Louis University and earned a master’s degree from Colorado State University.
Chaparro is a bilingual pediatric and diabetes nutrition expert. She is a certified diabetes educator at Joe DiMaggio Children's Hospital, where she provides comprehensive diabetes education to children and families and instructs patients on the latest technology advances in diabetes. She is an insulin pump and continuous glucose monitor trainer and is often asked to speak on topics such as childhood obesity, infant nutrition, diabetes and Latino health issues. Chaparro is the founder of Nutrichicos Children’s Nutrition Center, offering bilingual, individualized nutrition assessment and services. On her blog, nutrichicos.com, Chaparro shares reliable, practical and science-driven recommendations to help parents and families meet the nutrition needs of their children. She holds a specialty certificate in pediatric weight management. Chaparro is a graduate of Boston University and earned a master’s degree in public health from Florida International University.
Lisa Cimperman
MS, RDN, LD

Areas of Expertise:
• Cardiovascular Nutrition
• Gastrointestinal Nutrition
• Medical Nutrition Therapy
• Nutrition Education for Physicians
• Supplements and Vitamins

Cimperman is a clinical dietitian at University Hospitals Case Medical Center. She works closely with physicians to provide specialized nutrition support to critically ill patients in the surgical and trauma intensive care units. She also educates patients on dietary modifications after heart, esophageal and lung surgery. Prior to specializing in critical care nutrition, Cimperman’s experience included adult and pediatric outpatient counseling. Cimperman also provides nutrition education for physicians and mentors dietetic interns. She has participated in the completion and publication of a pilot study to further discern the effects of antibiotic use and probiotic supplementation. She has lectured on many topics including probiotics at undergraduate and graduate level nutrition courses. She has a special interest in helping individuals with functional and inflammatory gastrointestinal disorders. She is a volunteer with both the local and national chapters of the Crohn’s and Colitis Foundation of America. Cimperman is a graduate of Case Western Reserve University, where she also earned a master’s degree.
Marjorie Nolan Cohn
MS, RDN, CSSD, CEDRD, ACSM-CPT

Areas of Expertise:
• Behavior and Lifestyle Modification
• Eating Disorders/Nutritional Psychotherapy
• Gastrointestinal Nutrition
• Mindful/Intuitive Eating
• Sports Nutrition and Fitness

Cohn is a certified eating disorder registered dietitian, a board-certified specialist in sports dietetics and is an American College of Sports Medicine 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 Overcoming Binge Eating for Dummies (For Dummies 2013). Cohn owns a consulting practice where she works with patients, conducts corporate wellness workshops and is a speaker at local and national conferences and universities. She worked at the Renfrew Center for Eating Disorders, 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.
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 registered dietitian nutritionists who focus on fulfilling the diverse nutritional needs of the community. She visits doctors’ offices to provide nutritional services as well as hospital-based outpatient programs, assisting in program development for nutritional counseling services. Crandall provides nutritional counseling in weight management, sports nutrition, diabetes prevention and management, cardiac diet modification, family meal times and working with children with special nutritional needs. Crandall also provides worksite wellness presentations and is 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.
Evelyn F. Crayton
EdD, RDN, LDN, FAND

Areas of Expertise:
- Community Nutrition/Public Health
- Dietetics Profession
- Food Safety
- Home Food Preservation
- Nutrition Education for Consumers

Crayton is a professor emeritus at Auburn University and formerly a professor of nutrition, dietetics and hospitality management and assistant director of extension family and consumer sciences. In a partnership with Dominican University, she established an individualized supervised practice pathway for community nutrition educators. Crayton is a past president of the Alabama Dietetic Association; chair of the Nutrition Education for the Public dietetic practice group; membership chair of the Hunger and Environmental Nutrition DPG; and a mentor in the National Organization of Blacks in Dietetics and Nutrition member interest group. She served as the Academy’s president in 2015–2016. Crayton has collaborated, partnered or received funding from the National Cancer Institute, the March of Dimes, U.S. Department of Health and Human Services’ Office of Minority Health, International Society of Hypertension in Blacks and the U.S. Department of Agriculture. Crayton was a consumer representative on the U.S. Food and Drug Administration’s Food Advisory Committee. A published author in refereed journals, she has developed curricula, videos, slide presentations, leaflets and other teaching materials and is an international speaker. Crayton is the author of Food Preservation in Alabama (Alabama Cooperative Extension System 2012). A graduate of Grambling State University, Crayton earned a master’s degree from Saint Louis University and a doctorate from Auburn University.
Wesley Delbridge  
RDN  

Areas of Expertise:  
• Education Technology  
• Food Allergies  
• Health Education  
• School Meals  
• School Nutrition Policy

Delbridge is the director of food and nutrition for the Chandler Unified School District, where he oversees a team of more than 300 employees who focus on promoting school nutrition, creating and serving healthy food from scratch and decreasing childhood obesity and hunger, while serving more than 45,000 students. He is also an adjunct faculty member teaching food science at local colleges. Delbridge designed and created the school nutrition smartphone app, CUSD Food, and works to change the perception of school meals through new and innovative communication tools and a focus on customer service. Delbridge received the 2013 Health Education Media Maker award; is a past president of the School Nutrition Association of Arizona; and worked on national legislative action committees for the School Nutrition Association. Delbridge graduated from Arizona State University.
Nancy Farrell  
MS, RDN

Areas of Expertise:
• Eating Disorders/Nutritional Psychotherapy  
• Food Allergies  
• Food Labels, Label Reading  
• Legislation and Policy Issues  
• Natural and Organically Grown Foods

Farrell has a medical nutrition therapy private practice, is an adjunct professor at Germanna Community College and provides nutrition services to the county Community Services Board. She has also taught at the University of Mary Washington. Farrell has a wide range of experience in positions including state government, community health and the food industry. Active in public policy, she has served as nutrition advisor on Virginia’s Health Reform Commission workgroup; was appointed to serve on the governor of Virginia’s nutrition council; and serves on U.S. Rep. Rob Wittman’s Health Advisory Council. Farrell is active in the Virginia Academy of Nutrition and Dietetics, serving as media representative and state public policy representative. She is the current chair of the Academy’s Political Action Committee. Farrell graduated from the University of Illinois and received a master’s degree from Rosalind Franklin University of Medicine and Science.
Robin Foroutan  
MS, RDN, HHC

Areas of Expertise:
- Gastrointestinal Nutrition
- Gluten Intolerance
- Herbal Remedies and Botanicals
- Holistic, Integrative and Functional Nutrition
- Supplements and Vitamins

Foroutan specializes in integrative medicine, functional medicine and holistic healing. She practices privately and at the Morrison Center. She combines healthy eating with an integrative and functional nutrition approach, utilizing dietary interventions, elimination diets, detoxification support, supplements, nutrigenomics and mind-body techniques to help clients improve and restore their health. Foroutan frequently speaks to professional and public audiences on ways to use food as a foundation for health and healing. She serves as an advisory board member and faculty for the Integrative and Functional Nutrition Academy. She previously served on the executive committee for the Academy’s Dietitians in Integrative and Functional Medicine dietetic practice group. Foroutan graduated from New York University and earned a master’s degree in nutrition education from Columbia University.
Angela Ginn
RDN, LDN, CDE

Areas of Expertise:
• Diabetes
• Food Preparation and Meal Planning
• Herbal Remedies and Botanicals
• Insulin Resistance and Metabolic Syndrome
• Women’s Nutrition

Ginn works as a senior education coordinator at University of Maryland Center for Diabetes and Endocrinology at the Midtown Campus. She is the owner of Real Talk Real Food, a consulting practice for organizations, and develops nutrition education programs for disease prevention. As a diabetes consultant with a Federally Qualified Health Center, her expertise in diabetes management has improved clinical outcomes for patients. Through her career, she has provided education to numerous women and children. Ginn’s innovation of diabetes education developed “Fabulous You,” an education program with the American Diabetes Association that celebrates women living with diabetes. The pilot program was recognized in 2015 and launched nationwide 2016. Through cooking demonstrations, she works with active senior centers on the promotion of healthy eating and physical activity. She was recently appointed the diversity liaison for the Maryland Academy of Nutrition and Dietetics to promote nutrition careers for minority students. Ginn graduated from Morgan State University.
Kristen Gradney  
RDN, LDN  

Areas of Expertise:  
• Behavior and Lifestyle Modification  
• Family Nutrition  
• Healthful Shopping  
• Nutrition and Medical Care  
• Wellness Nutrition  

Gradney is the director of nutrition and metabolic services at Our Lady of the Lake Regional Medical Center and the owner of a nutrition consulting firm. She oversees a diabetes management clinic, bariatric program, fitness center and weight management program. Gradney is a frequent speaker on topics of health and wellness. She is a state policy representative for the Louisiana Academy of Nutrition and Dietetics. Gradney received her bachelor and master’s degrees from Louisiana State University.
Sara Haas
RDN, LDN

Areas of Expertise:
• Culinary/Chef
• Family Nutrition
• Fertility and Nutrition
• Food Preparation and Meal Planning
• Recipe Development and Makeovers

Haas works as a freelance writer, recipe developer, and consultant dietitian and chef. Haas is the owner of sarahaasrdn.com, a website that features recipes and nutrition-related content. A former culinary and nutrition instructor at Kendall College, Haas has led numerous live and recorded cooking demonstrations for the Academy and its Kids Eat Right program; and created recipes for Kids Eat Right and the Hass Avocado Board. Haas is the voice of the Academy’s daily “Eating Right Minute” nutrition messages on Chicago’s WBBM-AM and FM. Haas is active in numerous professional organizations, serving on the executive committee of the Academy’s Nutrition Entrepreneurs dietetic practice group. Haas is a graduate of Indiana University and received her culinary degree from the Cooking and Hospitality Institute of Chicago’s Le Cordon Bleu program.
Kristi King  
MPH, RDN, LD, CNSC

Areas of Expertise:
• Adolescent Nutrition
• Children’s Nutrition
• Gastrointestinal Nutrition
• Infant Nutrition
• Medical Nutrition Therapy

King is a senior pediatric dietitian at Texas Children’s Hospital and a clinical instructor at Baylor College of Medicine. She provides nutrition counseling to children and their families and specializes in chronic malabsorptive and intestinal conditions. King was an essential member of the development of Baylor’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 local and national settings and serves as a nutrition expert and advisory board member for many community and health organizations. She is a graduate of Florida State University and earned a master’s degree in public health from the University of Texas.
Kim Larson  
RDN, CSSD, CD, CHC  

Areas of Expertise:  
• Disease Prevention  
• Health Coaching  
• Nutrition Education for Consumers  
• Sports Nutrition and Fitness  
• Weight Loss

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 also speaks to audiences including consumer groups, teams, community programs, the fitness industry, schools and corporations. She works with individual clients in her online practice using tele-health for personal nutrition and health coaching. Larson has extensive experience in public relations, communications, writing, program design and nutrition education for consumers. Larson is a graduate of Viterbo University.
Angela Lemond  
RDN, LD, CSP

Areas of Expertise:
• Behavior and Lifestyle Modification
• Children’s Nutrition
• Family Nutrition
• Gastrointestinal Nutrition
• Obesity and Weight Management

Lemond is president and CEO of Lemond Nutrition, a 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 earned a certification in child and adolescent weight management. On her blog, Redefining Fast Food, Lemond and her team write about how to eat flavorful, healthy foods that are fast and easy. She is active with the Texas Academy of Nutrition and Dietetics and is the organization’s 2016–2017 president. Lemond is a graduate of the University of Texas Southwestern Medical Center.
Heather Mangieri  
MS, RDN, CSSD, LDN  

Areas of Expertise:  
• Adolescent Sports Nutrition  
• Eating Disorders/Nutritional Psychotherapy  
• Fad Diets  
• Obesity and Weight Management  
• Sports Nutrition and Fitness  

Mangieri owns Nutrition CheckUp, a consulting practice that specializes in sports nutrition, weight management and disordered eating. She provides nutritional guidance and expertise to casual exercisers and competitive athletes so they can maximize their training efforts to reach their fitness goals. She will soon release her first book on properly fueling youth athletes. Mangieri was a part-time faculty member in the department of exercise science at Chatham University and was an instructor at the University of Pittsburgh’s department of sports medicine and nutrition. Mangieri is on the leadership team of the Academy’s Sports, Cardiovascular and Wellness Nutritionists dietetic practice group and is active with the College of Sports Medicine. In 2012, Mangieri received the Keystone award for demonstrating outstanding professional standards that serve and advance Pennsylvania dietitians. In 2008, she was named Pennsylvania’s Young Dietitian of the Year. Mangieri is a graduate of Pennsylvania State University and earned a master’s degree from University of Pittsburgh in Wellness and Human Performance.
Maples is a hospice dietitian where she works with patients and families on feeding and nutrition issues. She teaches specialty classes to preschool and elementary school students and works closely with chefs to offer healthier menu options and nutrient analysis. She also hosts cooking demonstrations at wellness events and health fairs. For a number of years, she provided live cooking demonstrations for a local ABC-TV station. Maples earned certifications in adult weight management, child and adolescent weight management and cardiovascular counseling. She is a graduate of the University of North Carolina – Chapel Hill and earned a master’s degree from the University of North Carolina – Greensboro.
Donna S. Martin
EdS, RDN, LD, SNS, FAND

Areas of Expertise
• Children’s Nutrition
• Dietetics Profession
• Food Safety
• School Meals
• School Nutrition Policy

Martin is director of the Burke County school nutrition program, which has 4,500 students in five schools, serving breakfast, lunch, after-school snacks and supper. Four of the schools have been acknowledged as HealthierUS School Challenge Gold winners. Martin’s was the first school district the First Lady visited to help plant a garden outside the Washington, D.C.-area. Martin has received honors and awards including Recognized Young Dietitian of the Year and the Outstanding Dietitian of the Year from the Georgia Academy of Nutrition and Dietetics; the Excellence in Practice Award from the School Nutrition Services dietetic practice group; and the Academy Foundation’s 2007 Judy Ford Stokes Award for Innovation in Administrative Dietetics. An active member of the Academy’s School Nutrition Services dietetic practice group, Martin was the group’s electronic communications chair and newsletter editor. She represented the Georgia Academy of Nutrition and Dietetics in the Academy’s House of Delegates; is a member of the School Nutrition Association Foundation’s board of directors; and served on the Georgia Department of Education’s Task Force on Nutrition Standards for School Nutrition Programs. She served as the Academy’s treasurer-elect in 2012–2013 and treasurer in 2013–2015. Martin will serve as the Academy’s president in 2017–2018. She is a graduate of the University of Georgia and earned a master’s degree from the University of Alabama – Birmingham and an education specialist degree from Augusta State University.
Jennifer McDaniel
MS, RDN, CSSD, LD

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 consulting company that specializes in weight management, sports nutrition and corporate wellness. McDaniel is the former undergraduate director and instructor in the department of nutrition and dietetics at Saint Louis University from 2006 to 2011. She has developed and designed wellness programs for numerous companies in the Saint Louis area and is a professional speaker to a variety of audiences. McDaniel was named the Missouri Dietitian of the Year in 2015. She is a graduate of the University of Tennessee – Knoxville and received a master’s degree from Saint Louis University.
Melton owns LaCarte Wellness LLC, a consulting firm that provides organizations with services to improve health information technology and employee wellness. She has worked with Fortune 500 companies to develop, implement and evaluate wellness programs and to improve their use of health care technology in patient care delivery. She speaks on nutrition and health IT-related topics to clients and other organizations. Melton is a program director and clinical assistant professor of health informatics at Georgia State University where she leads an interdisciplinary faculty and teaches and conducts research in health and nutrition informatics. Melton has completed certificate programs in adult and child and adolescent weight management and is an active member of the Atlanta and Georgia Academy of Nutrition and Dietetics and the Georgia Health Information Management Systems Society. She is a graduate of the University of North Florida and earned a master’s degree from Georgia State University. She is pursuing a health informatics certificate at Duke University’s School of Nursing.
Libby Mills
MS, RDN, LDN

Areas of Expertise:
• Culinary/Chef
• Eating on a Budget
• Food Preparation and Meal Planning
• Food Safety
• Healthful Shopping

Mills is a professional speaker, writer and cooking and nutrition coach. Mills has developed an expertise in restaurant and retail food industries, including food safety, restaurant nutrition and culinary practices. She communicates the importance of the right food choices for managing special dietary needs. Mills also teaches nutrition at Neumann University. She is the host of “Libby’s Luncheonette,” a weekly Philadelphia radio show. She has written for consumer and trade publications and blogs at digineatup.com. Mills is a graduate of the University of Missouri and earned a master’s degree from Saint Louis University.
Caroline Passarrello
MS, RDN, LDN

Areas of Expertise:
• Dietetics Profession
• Food Labels, Label Reading
• Healthful Shopping
• Maternal and Prenatal Nutrition
• Nutrition Education for Consumers

Passerrello is the owner of Caroline West LLC, a consulting practice that specializes in developing strategic nutrition programming and training for organizations. She also counsels adults on weight management, behavior change and practical meal planning for the diverse family nutritional needs of today. In 2012, Passerrello was named Pennsylvania’s Emerging Dietetic Leader of the Year. She is active in the Pittsburgh Academy of Nutrition and Dietetics, serving as its president in 2015. She is a guest lecturer and adjunct faculty in the nutrition and dietetics program at University of Pittsburgh. In addition, she has been invited to speak at national conferences and was named Progressive Grocer’s “Top Women in Grocery Award” in 2013. Passerrello has a specialty certificate in adult weight management, worked as a clinical dietitian at the University of Pittsburgh Medical Center and as a community consultant. She is a graduate of the University of Pittsburgh, where she also received a master’s degree in wellness and human performance.
Angel Planells
MS, RDN, CD

Areas of Expertise:
• Aging and Nutrition
• Behavior and Lifestyle Modification
• Elderly Nutrition/Gerontology
• Men’s Nutrition
• Obesity and Weight Management

Planells works as lead dietitian in the Home Based Primary Care program at the Veterans Administration in Puget Sound, focusing on improving veterans’ quality of life while reducing emergency room visits, hospitalizations and nursing home admissions. He is also owner of ACP Nutrition, a private practice and consulting firm. Planells has been honored for his work as chair in the Academy’s National Organization of Men in Nutrition member interest group for recruiting and retaining men in the dietetics profession. He was named the Outstanding Dietitian of the Year in 2016 from the Washington State Academy of Nutrition and Dietetics and earned a certificate of training in adult weight management. Planells is a graduate of Tulane University and earned a master’s degree in exercise physiology and nutrition from Columbia University.
Kelly Pritchett
PhD, RDN, CSSD

Areas of Expertise:
• Carbohydrates
• Eating Disorders/Nutrition Psychotherapy
• Epidemiology (Research Review and Analysis)
• Sports Nutrition and Fitness
• Vitamin D

Pritchett is an assistant professor of sports nutrition at Central Washington University. As a board-certified specialist in sports dietetics, she has consulted with elite and collegiate athletes as well as active individuals. She competed on the swimming and diving team at the University of Alabama. Pritchett is the fact sheet editor and a member of the leadership committee of the Academy’s Sports, Cardiovascular and Wellness Nutrition dietetic practice group. She is an active member of the American College of Sports Medicine and has authored research articles for scientific journals and presented at regional and national conferences. Her research interests include post-exercise nutrition for recovery and vitamin D status of athletes with a spinal cord injury. Pritchett is a graduate of the University of Alabama, where she earned a doctorate in kinesiology.
Alissa Rumsey
MS, RD, CDN, CSCS

Areas of Expertise:
• Diet Trends
• Mindful/Intuitive Eating
• Sports Nutrition and Fitness
• Weight Loss
• Wellness Nutrition

Rumsey is the founder and owner of Alissa Rumsey Nutrition and Wellness. She specializes in nutrition coaching for weight management and sports nutrition and provides speaking, writing and consulting services to corporations. Rumsey is active in professional organizations and holds leadership positions at the state and national level. She is the public relations coordinator of the New York State Academy of Nutrition and Dietetics and a member of the National Strength and Conditioning Association and New York Women in Communications. Rumsey is a graduate of the University of Delaware and earned a master’s degree in health communications from Boston University.
Sheth is the owner of a nutrition consulting practice, working with individuals, groups, community organizations and schools, focusing on diabetes, food allergies, obesity and weight management, gastrointestinal and cardiovascular nutrition and disease prevention. She has served in numerous community organizations specializing in food allergies and vegetarian nutrition and is a popular speaker on health, wellness and nutrition topics. Sheth completed certificate programs in gerontology and food allergy management and is a board-certified diabetes educator. In 2016, Sheth received the California Academy of Nutrition and Dietetics Excellence in Private Practice, Business or Communications Award. Sheth graduated from California State University – Los Angeles.
Toby Smithson
MS, RDN, LD, CDE

Areas of Expertise:
• Diabetes
• Eating Away from Home
• Eating on a Budget
• Kosher Foods
• Vegetarian / Vegan Nutrition

Smithson is a diabetes lifestyle expert with Livongo Health and the founder of DiabetesEveryDay.com, an online guidance and support resource. Having successfully managed her own diabetes for more than 45 years, she shares strategies and tools for self-managing diabetes, mixing professional expertise with her personal experience. 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 contributes regularly to Type2diabetes.com on nutrition and lifestyle issues and is the primary author of Diabetes Meal Planning and Nutrition for Dummies (Wiley 2013). Smithson has been active in several diabetes advocacy groups, including the board of directors of the Illinois Legislative Diabetes Caucus Foundation. She earned the Commission on Dietetic Registration’s certificate of training in adult weight management. In 2009, she was awarded the Illinois Academy of Nutrition and Dietetics’ Outstanding Dietitian award, and is a past president of the Illinois Academy. She is a graduate of Northern Illinois University and earned a master’s degree with an entrepreneurship emphasis from Benedictine University.
Jim White  
RDN, ACSM-EP-C  

Areas of Expertise:  
• Fad Diets  
• Men’s Nutrition  
• Obesity and Weight Management  
• Sports Nutrition and Fitness  
• Weight Loss  

White is the owner of Jim White Fitness and Nutrition Studios. He sits on the nutrition and fitness advisory board for *Men’s Fitness* and *Oxygen* magazines and is a monthly contributor to RadioMD. White is one of the regional directors of the National Strength and Conditioning Association. He received the President’s Council on Fitness, Sports & Nutrition Community Leadership Award; the 2012 Health Care Hero Award; the 2013 Entrepreneur Excellence Award; the Academy’s 2014 Young Entrepreneur Award; the Consultation and Business Practice Award and the 2015 Youngstown State University Alumni Award. He directs the Jim White Community Fitness Foundation, which focuses on helping homeless people get back on their feet through fitness, nutrition and motivation. White is a graduate of Youngstown State University.
Lauri Wright
PhD, RDN, LD

Areas of Expertise:
• Community Nutrition/Public Health
• Disease Prevention
• Elderly Nutrition/Gerontology
• Epidemiology (Research Review and Analysis)
• Medical Nutrition Therapy

Wright is director of the doctorate in clinical nutrition program at University of North Florida. She teaches courses on community nutrition, nutrition research and leadership and policy. She works with food-insecure individuals, global malnutrition and the nutritional needs of people living with AIDS. Wright consults with seniors in the Meals on Wheels program, providing nutrition education and counseling. She formerly worked as a clinical dietitian at the Veterans Administration, providing medical nutrition therapy for veterans with chronic disease. Wright was a former president of the Florida Academy of Nutrition and Dietetics and represents Florida in the Academy’s House of Delegates. Wright is a graduate of The Ohio State University. She earned a master’s degree from Case Western Reserve University and a doctorate from the University of South Florida.
Lori Zanini
RDN, CDE

Areas of Expertise:
• Cardiovascular Nutrition
• Diabetes
• Eating Away from Home
• Mindful/Intuitive Eating
• Wellness Nutrition

Zanini owns Lori Zanini Nutrition, which helps companies and individuals focus on simple solutions using science-based research. Zanini is a certified diabetes educator, holds a certificate of training in weight management and was recently recognized as California’s Young Dietitian of the Year. She is a graduate of Lipscomb University.
To contact an Academy Spokesperson, call 800/877-1600, ext. 4769, or email media@eatright.org.

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Creative Editorial Calendar

January
National Birth Defects Prevention Month
National Folic Acid Awareness Month
National Glaucoma Awareness Month
Thyroid Awareness Month
New Year’s Day
Solutions for resolutions
Tips for taking off holiday pounds

February
American Heart Month
Black History Month
National Children’s Dental Health Month
African Heritage & Health Week
National Wear Red Day (February 3, 2017)
Valentine’s Day
Super Bowl Sunday (February 5, 2017)

March
National Nutrition Month®
Registered Dietitian Day (March 8, 2017)
National Colorectal Cancer Awareness Month
National Kidney Month
Save Your Vision Month
National School Breakfast Week
American Diabetes Alert Day
St. Patrick’s Day
World Kidney Day

April
Alcohol Awareness Month
Cancer Control Month
Irritable Bowel Syndrome Awareness Month
National Autism Awareness Month
National Minority Health Month
Every Kid Healthy Week (April 24–28, 2017)
National Infertility Awareness Week
National Public Health Week (April 3–9, 2017)
April Fools’ Day
World Health Day (April 7, 2017)
Easter (April 16, 2017)
Passover (April 10–18, 2017)
May
Arthritis Awareness Month
Digestive Diseases Awareness Month
Global Employee Health and Fitness Month
Food Allergy Action Month
Healthy Vision Month
National Asthma and Allergy Awareness Month
National Barbecue Month
National Celiac Disease Awareness Month National Family Month
Mental Health Month
National High Blood Pressure Education Month
National Mediterranean Diet Month
National Osteoporosis Awareness and Prevention Month
National Physical Fitness and Sports Month
Older Americans Month
Physical Fitness and Sports Month
Stroke Awareness Month
Food Allergy Awareness Week
National Women’s Health Week
Cinco de Mayo
Hand Hygiene Day (May 5, 2017)
Mother’s Day (May 14, 2017)
National Senior Health & Fitness Day (May 31, 2017)
National Women’s Check-up Day (May 8, 2017)

June
Cataract Awareness Month
Men’s Health Month
National Dairy Month
National Fresh Fruits & Vegetables Month
National Safety Month
Ramadan (June 6–July 5, 2016)
Men’s Health Week (June 13–19, 2016)
Father’s Day (June 19, 2016)
National Cancer Survivors Day (June 5, 2016)
Family vacations: Eating healthfully on the road
Healthful meals for kids to prepare for Dad
Summer festivals

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

**Kids Eat Right Month™**
Children’s Eye Health and Safety Month
National Breastfeeding Month
World Breastfeeding Week (August 1–7, 2016)
Avoid the “Freshman 15”
Back to school
College cooking on a budget
Family vacations: Dashboard dining
Manage a diet on dorm food

**September**

Childhood Cancer Month
Fruits and Veggies—More Matters Month
Healthy Aging Month
National Childhood Obesity Awareness Month
National Cholesterol Education Month
National Food Safety Education Month
Ovarian Cancer Awareness Month
Prostate Cancer Awareness Month
Self-Improvement Month
World Alzheimer’s Month
Whole Grains Month
Family Health & Fitness Day (September 24, 2016)
Labor Day (September 5, 2016)
National Celiac Disease Awareness Day (September 13, 2016)
National Women’s Health & Fitness Day (September 28, 2016)
World Heart Day (September 29)

**October**

**Academy’s Food & Nutrition Conference & Expo™**
(October 15–18, 2016)
Child Health Month
Family Health Month
Health Literacy Month
Hunger Awareness Month
National Breast Cancer Awareness Month
National Bullying Prevention Month
Vegetarian Awareness Month
Bone and Joint Health National Awareness Week (October 12–20, 2016)
Mental Illness Awareness Week (October 3–7, 2016)
National Health Education Week (October 17–21, 2016)
National School Lunch Week (October 10–14, 2016)
Child Health Day (October 3, 2016)
World Food Day (October 16, 2016)
Healthful Halloween treats for kids
Halloween
November
Addiction Awareness Month
American Diabetes Month
Child Safety and Prevention Month
Diabetic Eye Disease Month
Lung Cancer Awareness Month
National Alzheimer’s Disease Awareness Month
Gastroesophageal Reflux Disease Awareness Week (November 21–25, 2016)
Great American Smokeout (November 17, 2016)
Thanksgiving (November 24, 2016)
Balance, variety and moderation
Effects of smoking on nutrition, weight gain
Turkey tips

December
National Stress-Free Family Holiday Month
National Handwashing Awareness Week (December 4–10, 2016)
Christmas
World AIDS Day (December 1, 2016)
Healthfully navigating holiday parties
Healthful snacks for the holidays
Weight maintenance over the holidays
Registered dietitian nutritionists are the most valued source of food and nutrition services.

“Eating breakfast helps get your body out of starvation mode in the morning so your body can start burning, rather than hoarding, calories.”

Wesley Delbridge, RDN | Daily Burn

“Every cellular process in your body relies on water, so not hydrating properly can decrease metabolism.”

Kristen Gradney, RDN, LDN | Reader’s Digest

“While it’s true that kale is full of good stuff, it’s also low in carbohydrates and protein and is virtually fat free. In other words, it doesn’t provide the fuel that your body needs to function.”

Sara Haas, RDN, LDN | Bazaar

“When the environment is cluttered, such as food scattered on the counter, we mindlessly pick at the food because it’s there. When we have to be conscious and choose what to eat, we make better food and portion choices.”

Libby Mills, MS, RDN, LDN | Austin Fit Magazine

“More protein does not equal bigger muscles. You need enough, but you need carbs to build muscle, too, and if you get too much protein, your body treats it like any other form of energy.”

Alissa Rumsey, MS, RD, CDN, CSCS | FitBit

“Millet and quinoa are both naturally gluten-free, and each provides fiber and magnesium, two nutrients that regulate blood sugar levels and aid weight loss.”

Lori Zanini, RDN, CDE | Time
Contact us:

media@eatright.org

800/877-1600 ext. 4769

eatright.org/media

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