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, Asian 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.

Email: media@eatright.org
Website: www.eatrightPRO.org/media
Phone: 800/877-1600
Lydia Hall: Media Relations Manager, ext. 4769
Sarah Amundsen: Public Relations Manager, ext. 1743

Social Media

facebook.com/EatRightNutrition
twitter.com/EatRight
youtube.com/EatRightTV
google.com/+Eatright
facebook.com/KidsEatRight
twitter.com/KidsEatRight
pinterest.com/KidsEatRight
youtube.com/KidsEatRight
sm.eatright.org/KERlinked
sm.eatright.org/GooglePlusKER
facebook.com/foodnutrimag
twitter.com/foodnutrimag
pinterest.com/foodnutrimag
instagram.com/foodnutrimag
goog
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 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, in hospitals, medical centers, long-term care facilities, home health care, private practice and other settings. In addition, RDNs work in community and public health settings and academia and research. RDNs work with food and nutrition industry and business, journalism, sports nutrition, corporate wellness programs and other work settings.
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 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 of 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
- 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.

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 20, you’ll find biographical sketches of the Academy’s 2018–2019 Spokespeople along with their top areas of expertise. Additional areas of expertise can be found in the index beginning on page 54.

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 nutrition and 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.

ADA changed our 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 our members and supporting the history as a food- and science-based profession.

Vision
A world where all people thrive through the transformative power of food and nutrition

Mission
Accelerate improvements in global health and well-being through food and nutrition

Principles
The Academy of Nutrition and Dietetics and our members:

- Amplify the contribution of nutrition and dietetics practitioners and expand workforce capacity and capability
- Integrate research, professional development, technology and practice to stimulate innovation and discovery
- Collaborate to solve the greatest food and nutrition challenges now and in the future
- Focus on system-wide impact across the food, well-being and health care sectors
- Have a global impact in eliminating all forms of malnutrition.
**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 coursework 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 Dietetics Technician, Registered?**
A nutrition and dietetics 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 dietetics 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 nutrition and 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 dietetics technicians, registered. Through the accreditation and approval of more than 600 undergraduate and graduate didactic, dietetics 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 2018 Food & Nutrition Conference & Expo will be held October 20 to 23 in Washington, D.C. At our 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 www.eatrightFNCE.org/media.

**Future FNCE® Dates**
October 17–20, 2020: Indianapolis, Ind.
October 8–11, 2022: Orlando, Fla.
October 7–10, 2023: Denver, Colo.
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 13, 2019.

Food & Nutrition Magazine® and App
Informing and inspiring its readers, Food & Nutrition Magazine® (www.FoodandNutrition.org) 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.

The Food & Nutrition Magazine® app is available for Apple and Android devices. Free to members of the Academy of Nutrition and Dietetics, the digital edition offers extra features including page zoom, clickable links and a library of past issues. Visit http://sm.foodnutrimag.org/FNapp for more information and download the app.

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 nutrition and 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 nutrition and 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.jandonline.org. Full text articles are made available to the media through the Academy’s Strategic Communications Team.

Academy of Nutrition and Dietetics Foundation
The Academy of Nutrition and Dietetics Foundation (www.eatrightfoundation.org) was established in 1966 as a 501(c)(3) public charity. Its mission is to fund the future of nutrition 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.

Kids Eat Right
The Academy of Nutrition and Dietetics Foundation’s Kids Eat Right Initiative aims to provide resources promoting quality nutrition for all kids to food and nutrition professionals. Downloadable toolkits with PowerPoint presentations, leader notes and handouts are available for professionals at www.eatrightfoundation.org/why-it-matters/public-education/kids-eat-right/. Additionally, the website for parents, www.eatright.org/for-kids, contains recipes, articles and videos.

Kids Eat Right Month™
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.
Top 10 Reasons to Consult an RDN

For anyone who wants to eat healthfully, reduce their risk for chronic 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 bariatric surgery. Since you can only manage small servings of food, 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 can teach you how to plan and prepare meals 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 unhealthy eating behaviors 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 breastfeeding. A registered dietitian nutritionist can provide guidance and assurance that you and your infant are getting enough nutrients, like 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 assist with services, such as nutrition screenings and assessments.
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

**Bits and Bytes: A Guide to Digitally Tracking Your Food, Fitness and Health**
Learn how to get started and choose the tool that’s right for you with this accessible guide.

**Academy of Nutrition and Dietetics Complete Food and Nutrition Guide, 5th ed.**
This award-winning book from the world’s leading authority on food and nutrition continues to serve as the gold-standard resource on healthy eating and active living at every age and stage of life.

**Diabetes Guide to Enjoying Foods of the World**
This illustrated guide provides information on native foods and flavors, strategies for healthy eating, recommended healthy pleasures, dishes for special occasions (or smaller portions) and carbohydrate and calorie counts for 11 popular ethnic cuisines.

**Expect the Best: Your Guide to Healthy Eating Before, During and After Pregnancy, 2nd ed.**
A comprehensive guide for new and future parents that answers the most frequently asked questions about nutrition and lifestyle habits from preconception to post-delivery.

**Food & Fitness After 50: Eat Well, Move Well, Be Well**
This book presents a common-sense approach to help readers learn what it takes to control their food choices and fitness strategies while navigating their 50s, 60s, 70s and beyond.

**If Your Child is Overweight: A Guide for Parents**
This publication helps readers identify and overcome the challenges of family weight loss, including how to set realistic goals, make family centered changes, enjoy family physical activities, prepare healthier meals and snacks and more.

**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.

*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.*

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
**CNCS:** 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:** Dietetics 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 dietetics technicians, registered)
**PhD:** Doctor of Philosophy
**RD:** Registered Dietitian (national credential)
**RDN:** Registered Dietitian Nutritionist (optional credential for registered dietitians)
Academy Spokespeople
2018-2019

Rahaf Al Bochi
RDN, LDN

Areas of Expertise:
- Diabetes
- Disease Prevention
- Mindful/Intuitive Eating
- Obesity and Weight Management
- Wellness Nutrition

Al Bochi is the owner of a nutrition consulting practice specializing in diabetes, weight management and disease prevention through individual nutrition counseling, group education and corporate wellness seminars. She specializes in the Mediterranean diet and intuitive eating. Al Bochi also teaches monthly diabetes education classes for the Diabetes Association of Atlanta. She is a member of the Academy’s Nutrition Entrepreneurs and Diabetes Care and Education dietetic practice groups. Al Bochi is a graduate of Ryerson University.
Sonya Angelone
MS, RDN, CLT

Areas of Expertise:
- Cardiovascular Nutrition
- Food Sensitivities
- Insulin Resistance and Metabolic Syndrome
- Nutritional Genomics
- Obesity and Weight Management

Angelone is the owner of a nutrition consulting firm, which provides 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.

Sandra Arévalo
MPH, RDN, CDN, CLC, CDE, FAND

Areas of Expertise:
- Behavior and Lifestyle Modification
- Breast-Feeding
- Community Nutrition/Public Health
- Diabetes
- Latino Nutrition

Arévalo is a nutrition consultant and the nutrition services and outreach director of Montefiore Medical Center’s community programs, which provide health care services to more than two million people in the Bronx and Westchester County. As a certified diabetes educator, she works with doctors training patients in diabetes self-management. Arévalo provides nutritional counseling for adults and children, treating conditions such as weight management, bariatric, anemia, selective eating and gastrointestinal disorders. As a lactation counselor, she helps mothers with infants initiate and maintain breast-feeding. Arévalo has developed culturally sensitive nutrition education materials and programs for adults and children with low literacy from different backgrounds. She is the author of Microwave Chef (Self-Published 2015), a book inspired by people living in shelters and writes for peer-reviewed publications. Arévalo is a graduate of the Universidad Nacional de Colombia and earned a master’s degree from City University of New York – Hunter College.
Torey Armul
MS, RD, LD

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

Armul is an award-winning nutrition communications expert. She has a private practice and works as a freelance writer and personalized health coach for a mobile health app. Armul worked as a clinical dietitian at the Rehabilitation Institute of Chicago and as a brand marketing executive at the public relations agency FleishmanHillard. She authored *Bun Appétit: A Simple Guide to Eating Right during Pregnancy* (Self-Published 2017). Armul is a graduate of Washington University in St. Louis and earned a master’s degree from the University of Illinois at Chicago.

Jennifer Bruning
MS, RDN, LDN

Areas of Expertise:
• Corporate Wellness/ Worksite Nutrition
• Cultural Foods/Cultural Competency
• Diet Trends
• Employee Wellness Programs
• Mindful Eating

Bruning is a nutrition strategist at the corporate restaurant management and catering company Guckenheimer, where she designs and implements wellness initiatives across the country for corporate clients. Her previous roles have included general manager of food and nutrition services for Sodexo’s health care division, adjunct professor of nutrition at Columbia College Chicago and clinical dietitian for ManorCare Health Services. Bruning is a graduate of Saint Louis University and earned a master’s degree from Colorado State University.
Marjorie Nolan Cohn
MS, RDN, CSSD, CEDRD

Areas of Expertise:
• Behavior and Lifestyle Modification
• Eating Disorders
• Functional and Integrative Nutrition
• Gastrointestinal Nutrition
• Weight Loss

Cohn owns a consulting practice, conducts corporate wellness workshops and speaks at local and national conferences and universities. She is a certified eating disorder dietitian and has a certification in integrative functional medical nutrition therapy. She is the former director of nutrition at Metro Behavioral Health Associates Eating Disorder Treatment Centers in New York City. Cohn taught at the National Personal Training Institute and consulted at New York University’s wellness center. 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 (Wiley 2013). 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 and hospital-based outpatient programs to provide nutritional services, where she assists with nutritional counseling services. Crandall also provides worksite wellness presentations. She specializes in weight management, sports nutrition, diabetes prevention and management, cardiac diet modification, family meal times and working with children with special nutritional needs. Crandall is a certified diabetes educator and an AFAA-certified group fitness instructor. She is a graduate of Colorado State University and completed postgraduate work at the State University of New York at Oneonta.
Mascha Davis
MPH, RDN

Areas of Expertise:
• Fad Diets and Food Trends
• International/Global Nutrition
• Nutrigenomics
• Obesity and Weight Management
• Wellness Nutrition

Davis is the owner of a private practice where she uses evidence-based techniques such as nutrigenomic testing to help clients with weight management and disease prevention and management. Davis also provides consulting services for startups and corporations. She has managed health and nutrition programs for humanitarian aid agencies in Switzerland, Gabon, Ethiopia, Sudan, South Sudan and Chad, primarily focusing on the treatment and prevention of malnutrition in children and women. Davis is a graduate of the University of Wisconsin – Madison and earned a master’s degree from the University of California – Los Angeles.

Wesley Delbridge
RDN

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

Delbridge is the creative director of nutrition technology for Colyar Technology Systems, where he designs and creates software and technology systems for child nutrition, health and wellness and food supply management. He is also an adjunct faculty member teaching food science at Chandler Gilbert Community College. Delbridge designed and created the first school nutrition smart phone app, “CUSD Food,” and works to change the perception of school meals through new and innovative communication tools and a focus on customer service. He has worked on national legislative action committees for the School Nutrition Association. Delbridge graduated from Arizona State University.
Nancy Z. Farrell
MS, RDN, FAND

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 and is a nutrition instructor at Rosalind Franklin University of Medicine and Science and Germanna Community College. Active in public policy, she has served as nutrition advisor to the Virginia Governor’s Health Reform Commission workgroup and was appointed the governor’s pediatric nutrition health council. She is also a member of U.S. Rep. Rob Wittman’s Health Advisory Council. Farrell graduated from the University of Illinois and earned 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 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 about 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. Foroutan graduated from New York University and earned a master’s degree from Columbia University.
Kristen Gradney  
MHA, RDN, LDN

**Areas of Expertise:**
- African-American Nutrition
- Diabetes
- Family Nutrition
- Healthful Shopping
- Recipe Development and Makeovers

Gradney is an operational director at Our Lady of the Lake Regional Medical Center and the owner of a nutrition consulting firm. She oversees a diabetes management clinic, endocrinology practice and weight management programs. Gradney is a frequent speaker on topics of health and wellness. She is the public policy chair for the Louisiana Academy of Nutrition and Dietetics. Gradney received undergraduate degrees from Louisiana State University and a master’s degree from Our Lady of the Lake College.

Ginger Hultin  
MS, RDN, CSO

**Areas of Expertise:**
- Cancer Nutrition
- Herbal Remedies and Phytochemicals
- Holistic, Integrative and Functional Nutrition
- Nutrigenomics
- Vegetarian/Vegan Nutrition

Hultin is a health writer and recipe developer who specializes in plant-based recipes, herbal remedies and botanicals, including supplements and vitamins. Hultin owns a health and lifestyle blog and works at Arivale, a scientific wellness company. She serves as an adjunct clinical supervisor at the Bastyr Center for Natural Health. Hultin has certificates in adult weight management and is a board-certified oncology nutrition specialist. She is a graduate of the University of Washington and earned a master’s degree at Bastyr University.
Kristi King
MPH, RDN, LD, CNSC

Areas of Expertise:
- Adolescent Nutrition
- Children's Nutrition
- Gastrointestinal Nutrition
- Medical Nutrition Therapy
- Wellness Nutrition

King is a senior pediatric dietitian at Texas Children’s Hospital in Houston 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 team that developed Baylor College of Medicine’s two-week nutrition and physical activity-based summer weight loss camp for children with obesity. 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. She serves as a nutrition expert and advisory board member for many community and health organizations. King is a graduate of Florida State University and earned a master’s degree from the University of Texas.

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 a private practice assisting children, adults and families with nutrition for disease prevention, as well as the treatment of medical conditions through food therapy. Lemond is a board-certified specialist in pediatric nutrition and holds a certificate in child and adolescent weight management. On her blog LemondNutrition.com, she 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. Lemond is a graduate of the University of Texas Southwestern Medical Center.
Whitney Linsenmeyer  
PhD, RD, LD  

Areas of Expertise:  
• Culinary/Chef  
• Eating Disorders/Nutritional Psychotherapy  
• Epidemiology (Research Review & Analysis)  
• Mindful/Intuitive Eating  
• Transgender Nutrition  

Linsenmeyer is a faculty member in the department of nutrition and dietetics at Saint Louis University where she teaches advanced nutrition, foundations of nutrition and clinical systems management. Her research is in nutrition-related clinical and psychosocial considerations for the transgender population. She also serves as the staff dietitian at the university’s student health center where she works exclusively with eating disorder clients and mindful eating practices. Linsenmeyer launched a farm-to-table school meals program that serves federally reimbursable meals to schools in the St. Louis area. Linsenmeyer is a graduate of Saint Louis University, where she also earned a master’s degree and a doctorate.

Melissa Majumdar  
MS, RD, CSOWM, LDN, CPT  

Areas of Expertise:  
• Bariatric/Weight Loss Surgery  
• Obesity and Weight Management  
• Sports Nutrition and Fitness  
• Stress and Emotional Eating  
• Weight Loss  

Majumdar is a senior bariatric dietitian for the Brigham and Women’s Center for Metabolic and Bariatric Surgery and counsels competitive and amateur athletes at her private practice. Majumdar is editor of the bariatric section for the Academy’s Weight Management dietetic practice group newsletter and is a reviewer for the journal Obesity Surgery. She speaks at professional conferences on obesity, bariatric surgery and fitness, holds a certificate in adult weight management and is a certified personal trainer. Majumdar is a graduate of the University of Illinois at Urbana-Champaign and earned a master’s degree from Northeastern University.
Malina Malkani  
MS, RDN, CDN

**Areas of Expertise:**
- Behavior and Lifestyle Modification
- Family Nutrition
- Food Preparation and Meal Planning
- Obesity and Weight Management
- Recipe Development and Makeovers

Malkani is the founder of a company dedicated to providing parents with tools, recipes and programs to help them feed their families a mostly plant-based, whole-food diet. She is the director of nutrition at Rejuvenan Global Health, a digital health and technology company, where she writes, produces and is featured in nutrition education videos and cooking demonstrations. Malkani is an educator with Kids’ Food and Nutrition Services, which provides nutrition education in public schools in Stamford, Conn. She holds two certificates in adult weight management. Malkani is a graduate of Northwestern University and earned a master’s degree from New York University.

Isabel Maples  
MEd, RDN

**Areas of Expertise:**
- Calcium
- Children’s Nutrition
- Family Nutrition
- Food Preparation and Meal Planning
- Food Safety

Maples is a hospice dietitian who 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. Maples also hosts cooking demonstrations at wellness events and health fairs. She is certified in adult weight management, child and adolescent weight management and cardiovascular counseling. Maples is a graduate of the University of North Carolina at Chapel Hill and earned her master’s degree at the University of North Carolina – Greensboro.
Donna S. Martin  
EdS, RDN, LD, SNS, FAND  
**Academy Past President**

**Areas of Expertise:**
- Children's Nutrition
- Food Safety
- Nutrition and Dietetics Profession
- School Meals
- School Nutrition Policy

Martin is director of the Burke County school nutrition program. She 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 president in 2017-2018 and treasurer in 2013-2015. Martin is a graduate of the University of Georgia and earned a master’s degree from the University of Alabama – Birmingham and an education specialist doctorate from Augusta State University.

Libby Mills  
MS, RDN, LDN, FAND  

**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. She is an expert in the restaurant and retail food industries, including food safety, restaurant nutrition and culinary practices. Mills also teaches nutrition at Neumann University. Mills is the host of “Libby’s Luncheonette,” a weekly Philadelphia radio show. She has written for consumer and trade publications and blogs. Mills is a graduate of Saint Louis University, where she also earned a master’s degree.
Cordialis Msora-Kasago
MA, RD

Areas of Expertise:
- African-American Nutrition
- Cultural Foods/ Cultural Competency
- Disease Prevention
- Food Preparation and Meal Planning
- Food Safety

Msora-Kasago is a regional nutrition manager for Sodexo, where she provides expert support for registered dietitian nutritionists working in hospitals across the western United States. She is also the founder of a consultancy that improves the health of people of African descent through diet and lifestyle changes. An advocate for heritage foods and healthy cultural practices, Msora-Kasago specializes in the prevention and treatment of chronic disease, family wellness and nutrition education. She is a professional speaker, writes for the Academy’s Stone Soup blog and is a frequent contributor to health publications. Msora-Kasago holds a certificate in adult weight management, is a graduate of California State University – Los Angeles and earned a master’s degree from the University of California – Los Angeles.

Caroline Passerrello
MS, RDN, LDN

Areas of Expertise:
- Behavior and Lifestyle Modifications
- Children’s Nutrition
- Food Labels, Label Reading
- Healthful Shopping
- Nutrition Education for Consumers

Passerrello is the owner of a nutrition consulting practice that specializes in science-based solutions for companies and individuals. She is also an adjunct faculty member at the University of Pittsburgh. Passerrello has extensive experience designing programs and nutrition education for consumers. Passerrello is active in the Pittsburgh Academy of Nutrition and Dietetics. She has a specialty certificate in adult weight management and is a certified lifestyle and eating performance therapist. Passerrello is a graduate of the University of Pittsburgh, where she also earned a master’s degree.
Debbie Petitpain  
MS, RDN, LDN  

Areas of Expertise:  
• African-American Nutrition  
• Disease Prevention  
• Men's Nutrition  
• Vegetarian/Vegan Nutrition  
• Wellness Nutrition  

Petitpain is the wellness director at Sodexo’s office of health promotion at the Medical University of South Carolina, where she advances the health of the campus and community. She also assists patients undergoing dramatic diet and lifestyle changes in an effort to lose weight and improve their medical conditions. Petitpain recently developed MUSC’s first culinary health class for medical university students to teach future clinicians how to prepare healthful food. She created one of the nation’s first hospital-based, summer feeding programs that provides free meals for children during summer break, for which she received a “Hero of Everyday Life” award from the Sodexo Foundation in 2016. Petitpain is a graduate of College of Charleston and earned a master’s degree from Boston University.

Angel Planells  
MS, RDN, CD, FAND  

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 Seattle. He is also owner of a private practice and consulting firm. Planells is president of the Washington State Academy of Nutrition and Dietetics and immediate past president of the Greater Seattle Dietetic Association. He has been honored for his work as chair of the Academy’s National Organization of Men in Nutrition member interest group for recruiting and retaining men in the nutrition and dietetics profession. Planells holds a certificate in adult weight management. He is a graduate of Tulane University and earned a master’s degree 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. 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 also earned a doctorate.

Terri J. Raymond  
MA, RDN, CD, FAND  
**Academy President-elect**  

**Areas of Expertise:**  
- Aging and Nutrition  
- Appreciative Change/Individual  
- Appreciative Change/Organizational  
- Elderly Nutrition  
- Nutrition and Dietetics Profession  

Raymond is the president and owner of Dietitian Consulting Service LLC. Previously, she worked at Food Management Corporation in positions ranging from director of clinical consultation to regional manager, vice president and president/CEO. Her service to the Academy includes being a member of the Finance Committee; chair of the Professional Development Committee; member of the Competency Assurance Panel and Appeals Panel of the Commission on Dietetic Registration; and member of the Leadership Institute Oversight Task Force. Raymond is a past chair of the Board of the Academy’s Foundation and served on the Foundation’s Board for five years. She is a past president of the Washington State Dietetic Association, received the state’s Distinguished Service Award and represented Washington state in the Academy’s House of Delegates. Raymond is a past chair and member of the Dietitians in Business and Communications dietetic practice group’s executive board and a recipient of the Dietitians in Health Care Communities dietetic practice group’s Abbott Leadership Award. She will serve as the Academy’s President in 2019-2020. Raymond is a graduate of Washington State University and earned a master’s degree from Antioch University.
Mary Russell  
MS, RDN, LDN, FAND  
Academy President  

Areas of Expertise:  
• Leadership Development and Mentoring  
• Malnutrition: Impact and Assessment  
• Parenteral and Enteral Nutrition Support  
• Professional Ethics  
• Value of Volunteerism  

Russell is senior manager of U.S. nutrition medical affairs at Baxter Healthcare and a lecturer at the Rosalind Franklin School of Medicine and Science. Previously, she was director of the department of clinical nutrition at the University of Chicago Medical Center and worked at Duke University Hospital in positions including director of nutrition services, trauma/surgery dietitian clinician and adult nutrition support team dietitian clinician. A past member of the Academy’s House of Delegates and a member and past member of numerous Academy committees, Russell served on the Board of Directors for five years as treasurer-elect, treasurer and immediate past treasurer. She is a past member of the Academy Foundation’s Board; past chair of the Dietitians in Nutrition Support dietetic practice group; and past president of the North Carolina Dietetic Association. She was named the 2018 Outstanding Dietitian by the Illinois Academy of Nutrition and Dietetics. Russell is the author or co-author of numerous papers in the area of nutrition support. She co-authored a chapter in the Academy’s Pocket Guide to Nutrition Assessment (3rd ed.) and co-authored the Academy’s Critical Illness Toolkit (2010). Russell is a graduate of Marquette University and earned a master’s degree from the University of Wisconsin – Madison.

Vandana Sheth  
RDN, CDE  

Areas of Expertise:  
• Children’s Nutrition  
• Diabetes  
• Food Allergies  
• Obesity and Weight Management  
• Vegetarian/Vegan Nutrition  

Sheth is the owner of a nutrition consulting practice and works 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 with numerous community organizations as a nutrition expert specializing in food allergies and vegetarian nutrition. Sheth completed certificate programs in gerontology and food allergy management and is a board-certified diabetes educator. She has written several nutrition articles for physician practice websites. Sheth graduated from California State University – Los Angeles.
Kristen Smith
MS, RD, LD

Areas of Expertise:
• Bariatric/Weight Loss Surgery
• Family Nutrition
• Obesity and Weight Management
• Recipe Development and Makeovers
• Weight Loss

Smith is the bariatric surgery coordinator for Piedmont Healthcare. Smith is the founder of a blog that promotes healthy eating for the entire family. She is fundraising co-chair for the Georgia Academy of Nutrition and Dietetics and nominating committee director-elect for the Academy’s Weight Management dietetic practice group. Smith is also a member of the Academy’s Nutrition Entrepreneurs dietetic practice group, the American Society of Metabolic and Bariatric Society and the Obesity Action Coalition. She is a graduate of Oklahoma State University and earned a master’s degree from New York University.

Julie Stefanski
MEd, RDN, CSSD, LDN, CDE

Areas of Expertise:
• Autism/Developmental Disorders
• Children’s Nutrition
• Gastrointestinal Nutrition
• Gluten Intolerance
• Sports Nutrition and Fitness

Stefanski is the food, nutrition and dietetics editor for Nutrition Dimension, a division of OnCourse Learning, where she provides continuing education opportunities for allied health care professionals. She has a private practice and provides nutritional services for Leg Up Farm, which helps families of special needs children with issues such as feeding behaviors, epilepsy, tube feedings, failure to grow, autism and attention-deficit/hyperactivity disorder. Stefanski is a certified diabetes instructor and specializes in pediatric nutrition. She authored a chapter about pediatric nutrition for the textbook Nutrition and Diet Therapy for Nurses (Pearson, 2011). She is a graduate of Messiah College and earned a master’s degree in adult education from Penn State University.
Lauri Wright
PhD, RDN, LD

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

Wright is the chair of the department of nutrition and dietetics and directs the doctorate in clinical nutrition program at the University of North Florida. Her specialties include food-insecure individuals, obesity prevention in children and the nutritional needs of people with AIDS. Wright has consulted 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 represents Florida in the Academy’s House of Delegates. She is a graduate of Ohio State University and earned a master’s degree from Case Western Reserve University and a doctorate from University of South Florida.

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

Arizona
Phoenix
Wesley Delbridge, p. 29

California
Los Angeles
Mascha Davis, p. 28
Cordialis Msora-Kasago, p. 42
Vandana Sheth, p. 49
San Francisco
Sonya Angelone, p. 22

Colorado
Denver
Jessica Crandall, p. 27

District of Columbia
Isabel Maples, p. 39

Florida
Jacksonville
Lauri Wright, p. 52

Georgia
Atlanta
Rahaf Al Bochi, p. 21
Kristen Smith, p. 50

Illinois
Chicago
Jennifer Bruning, p. 25

Louisiana
Baton Rouge
Kristen Gradney, p. 32

Maryland
Baltimore
Julie Stefanski, p. 51

Massachusetts
Boston
Melissa Majumdar, p. 37

Missouri
St. Louis
Whitney Linsenmeyer, p. 36

New York
New York City
Sandra Arévalo, p. 23
Robin Foroutan, p. 31
Malina Malkani, p. 38

Ohio
Columbus
Torey Armul, p. 24

Pennsylvania
Philadelphia
Marjorie Nolan Cohn, p. 26
Libby Mills, p. 41
Pittsburgh
Caroline Passerrello, p. 43

South Carolina
Charleston
Debbie Petitpain, p. 44

Texas
Dallas
Angela Lemond, p. 35
Houston
Kristi King, p. 34

Virginia
Fredericksburg
Nancy Z. Farrell, p. 30
Ellensburg
Kelly Pritchett, p. 46
Seattle
Ginger Hultin, p. 33
Angel Planells, p. 45
Index of Specialty Areas

**Adolescent Nutrition**
Kristi King, p. 34
Vandana Sheth, p. 49

**African-American Nutrition**
Cordialis Msora-Kasago, p. 42
Debbie Petitpain, p. 44

**Aging and Nutrition**
Angel Planells, p. 45
Vandana Sheth, p. 49

**Arthritis/Inflammation Nutrition**
Sonya Angelone, p. 22
Robin Foroutan, p. 31

**Autism/Developmental Disorders**
Wesley Delbridge, p. 29
Julie Stefanski, p. 51

**Bariatric/Weight Loss Surgery**
Jessica Crandall, p. 27
Melissa Majumdar, p. 37
Debbie Petitpain, p. 44
Kristen Smith, p. 50

**Behavior and Lifestyle Modification**
Rahaf Al Bochi, p. 21
Sonya Angelone, p. 22
Sandra Arévalo, p. 23
Marjorie Nolan Cohn, p. 26
Jessica Crandall, p. 27
Kristen Gradney, p. 32
Angela Lemond, p. 35
Whitney Linsenmeyer, p. 36
Malina Malkani, p. 38
Isabel Maples, p. 39
Caroline Passerrello, p. 43
Vandana Sheth, p. 49
Julie Stefanski, p. 51

**Calcium**
Melissa Majumdar, p. 37
Isabel Maples, p. 39

**Cancer Nutrition**
Ginger Hultin, p. 33
Vandana Sheth, p. 49

**Carbohydrates**
Jessica Crandall, p. 27
Kelly Pritchett, p. 46
Vandana Sheth, p. 49
Julie Stefanski, p. 51

**Cardiovascular Nutrition**
Sonya Angelone, p. 22
Angela Lemond, p. 35
Angel Planells, p. 45

**Celiac Disease**
Nancy Z. Farrell, p. 30
Angela Lemond, p. 35
Vandana Sheth, p. 49
Julie Stefanski, p. 51

**Children’s Nutrition**
Wesley Delbridge, p. 29
Nancy Z. Farrell, p. 30
Kristi King, p. 34
Angela Lemond, p. 35
Whitney Linsenmeyer, p. 36
Malina Malkani, p. 38
Isabel Maples, p. 39
Caroline Passerrello, p. 43
Vandana Sheth, p. 49
Julie Stefanski, p. 51

**Cholesterol**
Sonya Angelone, p. 22
Ginger Hultin, p. 33
Libby Mills, p. 41

**Community Nutrition/Public Health**
Sandra Arévalo, p. 23
Mascha Davis, p. 28
Wesley Delbridge, p. 29
Nancy Z. Farrell, p. 30
Caroline Passerrello, p. 43
Lauri Wright, p. 52
Culinary/Chef
Whitney Linsenmeyer, p. 36
Isabel Maples, p. 39
Libby Mills, p. 41

Cultural Foods/Cultural Competency
Rahaf Al Bochi, p. 21
Jennifer Bruning, p. 25
Mascha Davis, p. 28
Kristen Gradney, p. 32
Cordialis Msora-Kasago, p. 42
Angel Planells, p. 45
Vandana Sheth, p. 49

Diabetes
Rahaf Al Bochi, p. 21
Sandra Arévalo, p. 23
Jessica Crandall, p. 27
Cordialis Msora-Kasago, p. 42
Vandana Sheth, p. 49
Kristen Smith, p. 50
Julie Stefanski, p. 51

Diet Trends
Rahaf Al Bochi, p. 21
Sonya Angelone, p. 22
Jennifer Bruning, p. 25
Wesley Delbridge, p. 29
Ginger Hultin, p. 33
Whitney Linsenmeyer, p. 36
Malina Malkani, p. 38
Caroline Passerrello, p. 43
Kelly Pritchett, p. 46

Dietary Guidelines for Americans
Isabel Maples, p. 39
Caroline Passerrello, p. 43
Debbie Petitpain, p. 44

Dietetics Licensure
Jennifer Bruning, p. 25
Lauri Wright, p. 52

Disease Prevention
Rahaf Al Bochi, p. 21
Torey Armul, p. 24
Marjorie Nolan Cohn, p. 26
Jessica Crandall, p. 27
Mascha Davis, p. 28

Drying Away from Home
Jessica Crandall, p. 27
Libby Mills, p. 41
Angel Planells, p. 45
Kristen Smith, p. 50

Eating Disorders/Nutritional Psychotherapy
Marjorie Nolan Cohn, p. 26
Nancy Z. Farrell, p. 30
Whitney Linsenmeyer, p. 36
Kelly Pritchett, p. 46

Education Technology
Wesley Delbridge, p. 29
Julie Stefanski, p. 51

Elderly Nutrition/Gerontology
Jennifer Bruning, p. 25
Angel Planells, p. 45
Lauri Wright, p. 52

Employee Wellness Programs
Torey Armul, p. 24
Jen Bruning, p. 25
Mascha Davis, p. 28
Malina Malkani, p. 38

Environmental Nutrition
Jennifer Bruning, p. 25
Robin Foroutan, p. 31
Epidemiology (Research Review and Analysis)
Whitney Linsenmeyer, p. 36
Kelly Pritchett, p. 46
Lauri Wright, p. 52

Fad Diets
Jennifer Bruning, p. 25
Mascha Davis, p. 28
Robin Foroutan, p. 31
Angela Lemond, p. 35
Whitney Linsenmeyer, p. 36
Kelly Pritchett, p. 46
Kristen Smith, p. 50

Family Nutrition
Sandra Arévalo, p. 23
Torey Armul, p. 24
Jessica Crandall, p. 27
Kristen Gradney, p. 32
Kristi King, p. 34
Angela Lemond, p. 35
Melissa Majumdar, p. 37
Malina Malkani, p. 38
Isabel Maples, p. 39
Cordalis Msora-Kasago, p. 42
Vandana Sheth, p. 49
Kristen Smith, p. 50

Fast Food/Dining Out
Sandra Arévalo, p. 23
Wesley Delbridge, p. 29
Ginger Hultin, p. 33
Isabel Maples, p. 39
Libby Mills, p. 41
Kristen Smith, p. 50

Fats and Omega Fatty Acids
Sonya Angelone, p. 22
Libby Mills, p. 41

Fiber
Jessica Crandall, p. 27
Mascha Davis, p. 28
Kristi King, p. 34

Folic Acid
Robin Foroutan, p. 31

Food Allergies
Sonya Angelone, p. 22
Jennifer Bruning, p. 25
Wesley Delbridge, p. 29
Nancy Z. Farrell, p. 30
Kristi King, p. 34
Angela Lemond, p. 35
Vandana Sheth, p. 49
Julie Stefanski, p. 51

Food Insecurity
Lauri Wright, p. 52

Food Labels, Label Reading
Rahaf Al Bochi, p. 21
Jennifer Bruning, p. 25
Mascha Davis, p. 28
Nancy Z. Farrell, p. 30
Kristen Gradney, p. 32
Whitney Linsenmeyer, p. 36
Libby Mills, p. 41
Caroline Passerrello, p. 43
Debbie Petitpain, p. 44

Food Policy and Programs
Lauri Wright, p. 52

Food Preparation and Meal Planning
Rahaf Al Bochi, p. 21
Sandra Arévalo, p. 23
Jessica Crandall, p. 27
Wesley Delbridge, p. 29
Kristen Gradney, p. 32
Ginger Hultin, p. 33
Angela Lemond, p. 35
Whitney Linsenmeyer, p. 36
Melissa Majumdar, p. 37
Malina Malkani, p. 38
Isabel Maples, p. 39
Libby Mills, p. 41
Cordalis Msora-Kasago, p. 42
Caroline Passerrello, p. 43
Debbie Petitpain, p. 44
Kristen Smith, p. 50

Food Safety
Wesley Delbridge, p. 29
Isabel Maples, p. 39
Libby Mills, p. 41
Cordalis Msora-Kasago, p. 42
Functional Foods and Phytochemicals
Sonya Angelone, p. 22
Robin Foroutan, p. 31
Ginger Hultin, p. 33

Gastrointestinal Nutrition
Sonya Angelone, p. 22
Torey Armul, p. 24
Marjorie Nolan Cohn, p. 26
Robin Foroutan, p. 31
Kristi King, p. 34
Julie Stefanski, p. 51

Gluten Intolerance
Robin Foroutan, p. 31
Melissa Majumdar, p. 37
Julie Stefanski, p. 51

Health Coaching
Sandra Arévalo, p. 23
Torey Armul, p. 24
Libby Mills, p. 41

Health Education
Sandra Arévalo, p. 23
Jennifer Bruning, p. 25
Wesley Delbridge, p. 29
Kristen Gradney, p. 32
Kristi King, p. 34
Cordialis Msora-Kasago, p. 42

Health Fraud, Quackery
Marjorie Nolan Cohn, p. 26
Whitney Linsenmeyer, p. 36

Healthful Shopping
Rahaf Al Bochi, p. 21
Jessica Crandall, p. 27
Mascha Davis, p. 28
Kristen Gradney, p. 32
Malina Malkani, p. 38
Isabel Maples, p. 39
Libby Mills, p. 41
Cordialis Msora-Kasago, p. 42
Caroline Passerrello, p. 43
Kelly Pritchett, p. 46
Kristen Smith, p. 50

Herbal Remedies and Botanicals
Robin Foroutan, p. 31
Ginger Hultin, p. 33

High Blood Pressure, Hypertension
Rahaf Al Bochi, p. 21
Sonya Angelone, p. 22
Cordialis Msora-Kasago, p. 42

Holistic, Integrative and Alternative Nutrition
Sonya Angelone, p. 22
Marjorie Nolan Cohn, p. 26
Robin Foroutan, p. 31
Ginger Hultin, p. 33

Infant Nutrition
Kristi King, p. 34

Insulin Resistance and Metabolic Syndrome
Sonya Angelone, p. 22
Robin Foroutan, p. 31
Kristen Smith, p. 50

International/Global Nutrition
Mascha Davis, p. 28

Latino Nutrition
Sandra Arévalo, p. 23
Angel Planells, p. 45

Legislation and Policy Issues
Nancy Z. Farrell, p. 30
Kristen Gradney, p. 32

Maternal and Prenatal Nutrition
Rahaf Al Bochi, p. 21
Sandra Arévalo, p. 23
Torey Armul, p. 24
Caroline Passerrello, p. 43
Vandana Sheth, p. 49
Lauri Wright, p. 52

Medical Nutrition Therapy
Nancy Z. Farrell, p. 30
Kristen Gradney, p. 32
Ginger Hultin, p. 33
Kristi King, p. 34
Cordialis Msora-Kasago, p. 42
Vandana Sheth, p. 49
Lauri Wright, p. 52
### Specialty Index

#### Men’s Nutrition
- Wesley Delbridge, p. 29
- Debbie Petitpain, p. 44
- Angel Planells, p. 45

#### Metabolism
- Melissa Majumdar, p. 37
- Kelly Pritchett, p. 46

#### Mindful/Intuitive Eating
- Rahaf Al Bochi, p. 21
- Torey Armul, p. 24
- Jennifer Bruning, p. 25
- Marjorie Nolan Cohn, p. 26
- Mascha Davis, p. 28
- Whitney Linsenmeyer, p. 36
- Melissa Majumdar, p. 37
- Malina Malkani, p. 38
- Kristen Smith, p. 50

#### Natural and Organically Grown Foods
- Nancy Z. Farrell, p. 30
- Robin Foroutan, p. 31
- Libby Mills, p. 41

#### Nutrient Analysis
- Malina Malkani, p. 38
- Caroline Passerrello, p. 43

#### Nutrigenomics
- Sonya Angelone, p. 22
- Mascha Davis, p. 28
- Ginger Hultin, p. 33

#### Nutritional Assessment
- Kristi King, p. 34
- Cordialis Msora-Kasago, p. 42
- Lauri Wright, p. 52

#### Nutrition and Dietetics Profession
- Sonya Angelone, p. 22
- Angela Lemond, p. 35
- Caroline Passerrello, p. 43
- Angel Planells, p. 45
- Julie Stefanski, p. 51
- Lauri Wright, p. 52

#### Nutrition and Medical Care
- Kristen Gradney, p. 32

#### Nutrition Education for Consumers
- Nancy Z. Farrell, p. 30
- Kristen Gradney, p. 32
- Kristi King, p. 34
- Angela Lemond, p. 35
- Cordialis Msora-Kasago, p. 42
- Caroline Passerrello, p. 43
- Vandana Sheth, p. 49

#### Nutrition Education for Physicians
- Kristen Gradney, p. 32
- Kristi King, p. 34
- Debbie Petitpain, p. 44

#### Obesity and Weight Management
- Rahaf Al Bochi, p. 21
- Sandra Arévalo, p. 23
- Torey Armul, p. 24
- Mascha Davis, p. 28
- Nancy Z. Farrell, p. 30
- Ginger Hultin, p. 33
- Angela Lemond, p. 35
- Whitney Linsenmeyer, p. 36
- Melissa Majumdar, p. 37
- Malina Malkani, p. 38
- Angel Planells, p. 45
- Vandana Sheth, p. 49
- Kristen Smith, p. 50

#### Protein
- Jessica Crandall, p. 27
- Melissa Majumdar, p. 37
- Isabel Maples, p. 39
- Angel Planells, p. 45
- Kelly Pritchett, p. 46
- Kristen Smith, p. 50
- Julie Stefanski, p. 51

#### Recipe Development and Makeovers
- Jennifer Bruning, p. 25
- Ginger Hultin, p. 33
- Whitney Linsenmeyer, p. 36
- Malina Malkani, p. 38
- Isabel Maples, p. 39
- Cordialis Msora-Kasago, p. 42
- Kristen Smith, p. 50

#### Renal Nutrition and Dialysis
- Mascha Davis, p. 28
- Kristen Gradney, p. 32
School Meals
Wesley Delbridge, p. 29
Kristi King, p. 34
Whitney Linsenmeyer, p. 36

Sports Nutrition and Fitness
Torey Armul, p. 24
Marjorie Nolan Cohn, p. 26
Jessica Crandall, p. 27
Melissa Majumdar, p. 37
Kelly Pritchett, p. 46
Julie Stefanski, p. 51

Stress and Emotional Eating
Sandra Arévalo, p. 23
Torey Armul, p. 24
Marjorie Nolan Cohn, p. 26
Melissa Majumdar, p. 37
Angel Planells, p. 45

Sugars/Sweeteners
Debbie Petitpain, p. 44
Kelly Pritchett, p. 46

Supplements and Vitamins
Sonya Angelone, p. 22
Jessica Crandall, p. 27
Robin Foroutan, p. 31
Ginger Hultin, p. 33
Melissa Majumdar, p. 37
Kelly Pritchett, p. 46
Julie Stefanski, p. 51

Vegetarian/Vegan Nutrition
Jennifer Bruning, p. 25
Mascha Davis, p. 28
Nancy Z. Farrell, p. 30
Ginger Hultin, p. 33
Malina Malkani, p. 38
Libby Mills, p. 41
Debbie Petitpain, p. 44
Vandana Sheth, p. 49
Julie Stefanski, p. 51

Vitamin D
Sonya Angelone, p. 22
Robin Foroutan, p. 31
Kelly Pritchett, p. 46

Water, Hydration
Robin Foroutan, p. 31
Melissa Majumdar, p. 37
Kelly Pritchett, p. 46

Weight Loss
Torey Armul, p. 24
Marjorie Nolan Cohn, p. 26
Jessica Crandall, p. 27
Mascha Davis, p. 28
Melissa Majumdar, p. 37
Malina Malkani, p. 38
Libby Mills, p. 41
Angel Planells, p. 45
Kelly Pritchett, p. 46
Kristen Smith, p. 50

Wellness Nutrition
Rahaf Al Bochi, p. 21
Marjorie Nolan Cohn, p. 26
Jessica Crandall, p. 27
Mascha Davis, p. 28
Nancy Z. Farrell, p. 30
Kristen Gradney, p. 32
Ginger Hultin, p. 33
Kristi King, p. 34
Angela Lemond, p. 35
Malina Malkani, p. 38
Cordialis Msora-Kasago, p. 42
Debbie Petitpain, p. 44
Kristen Smith, p. 50

Women’s Nutrition
Rahaf Al Bochi, p. 21
Torey Armul, p. 24
Lisa Kristen Gradney, p. 32
Isabel Maples, p. 39
Libby Mills, p. 41
Vandana Sheth, p. 49

Worksite Nutrition
Jennifer Bruning, p. 25
Caroline Passerrello, p. 43
Debbie Petitpain, p. 44
Creative Editorial Calendar

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

February
African Heritage and Health Week
American Heart Month
Black History Month
National Children’s Dental Health Month
National Wear Red Day (February 1, 2019)
Super Bowl Sunday (February 3, 2019)
Valentine’s Day

March
National Nutrition Month®
Registered Dietitian Nutritionist Day (March 13, 2019)
American Diabetes Alert Day
National Colorectal Cancer Awareness Month
National Kidney Month
National School Breakfast Week
Save Your Vision Month
St. Patrick’s Day
World Kidney Day

April
Alcohol Awareness Month
April Fools’ Day
Cancer Control Month
Easter (April 21, 2019)
Every Kid Healthy Week (April 22–26, 2019)
Irritable Bowel Syndrome Awareness Month
National Autism Awareness Month
National Infertility Awareness Week
National Minority Health Month
National Public Health Week (April 1–7, 2019)
Passover (April 19–27, 2019)
World Health Day (April 7, 2019)

May
Arthritis Awareness Month
Cinco de Mayo
Digestive Diseases Awareness Month
Food Allergy Action Month
Food Allergy Awareness Week
Global Employee Health and Fitness Month
Hand Hygiene Day (May 5, 2019)
Healthy Vision Month
Mental Health Month
Mother’s Day (May 12, 2019)
National Asthma and Allergy Awareness Month
National Barbecue Month
National Celiac Disease Awareness Month
National Family Month
National High Blood Pressure Education Month
National Mediterranean Diet Month
National Osteoporosis Awareness and Prevention Month
National Physical Fitness and Sports Month
National Senior Health and Fitness Day (May 29, 2019)
National Women’s Check-up Day (May 13, 2019)
National Women’s Health Week
Older Americans Month
Physical Fitness and Sports Month
Ramadan (May 5–June 4, 2019)
Stroke Awareness Month

June
Cataract Awareness Month
Family vacations: Eating healthfully on the road
Father’s Day (June 17, 2018)
Healthful meals for kids to prepare for Dad
Men’s Health Month
Men’s Health Week (June 11–17, 2018)
National Cancer Survivors Day (June 3, 2018)
National Dairy Month
National Fresh Fruits and Vegetables Month
National Safety Month
Summer festivals

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

**Kids Eat Right Month**
Avoid the “Freshman 15”
Back to school
Children’s Eye Health and Safety Month
College cooking on a budget
Family vacations: Dashboard dining
Manage a diet on dorm food
National Breast-Feeding Month
World Breast-Feeding Week (August 1–7, 2018)

September

Childhood Cancer Month
Family Health and Fitness Day (September 24, 2018)
Fruits and Veggies—More Matters Month
Healthy Aging Month
Labor Day (September 3, 2018)
National Celiac Disease Awareness Day (September 13, 2018)
National Childhood Obesity Awareness Month
National Cholesterol Education Month
National Food Safety Education Month
National Women’s Health and Fitness Day
   (September 27, 2018)
Ovarian Cancer Awareness Month
Prostate Cancer Awareness Month
Self-Improvement Month
Whole Grains Month
World Alzheimer’s Month
World Heart Day (September 29, 2018)

October

**Academy’s Food & Nutrition Conference & Expo™**
   *(October 20–23, 2018)*
Bone and Joint Health National Awareness Week
   *(October 12–20, 2018)*
Child Health Day (October 1, 2018)
Child Health Month
Family Health Month
Health Literacy Month
Heathful Halloween treats for kids
Hunger Awareness Month
Mental Illness Awareness Week (October 7–13, 2018)
National Breast Cancer Awareness Month
National Bullying Prevention Month
National Health Education Week (October 16–20, 2018)
Vegetarian Awareness Month
World Food Day (October 16, 2018)

November

Addiction Awareness Month
American Diabetes Month
Balance, variety and moderation
Child Safety and Prevention Month
Diabetic Eye Disease Month
Effects of smoking on nutrition, weight gain
Great American Smokeout (November 16, 2018)
Lung Cancer Awareness Month
National Alzheimer’s Disease Awareness Month
Thanksgiving (November 22, 2018)
Turkey tips

December

National Stress-Free Family Holiday Month
Healthfully navigating holiday parties
Healthy snacks for the holidays
Weight maintenance over the holidays
National Handwashing Awareness Week
   *(December 3–9, 2018)*
Hanukkah (December 2–10, 2018)
Christmas
World AIDS Day (December 1, 2018)
Kwanzaa (December 26, 2018–January 1, 2019)
Registered dietitian nutritionists are the media’s best source for expert commentary and sound bites.

People tend to want to pour all of their energy into increasing self-control and building self-discipline, but I would prefer people put more energy into creating a home environment that is conducive to good health. This is the most important tip I share with clients who work from home.

**Torey Armul, MS, RD, CSSD, LD**
*Men’s Fitness*

Depending on your weight, the duration and the intensity of your workout, you should aim for between 15 and 30 grams of protein. If you’ve just done a 30-minute walk, you probably don’t need to replace anything, but if you did an intense, 20-minute workout, you do.

**Jessica Crandall, RDN, CDE, AFAA**
*NBC News*

Registered dietitian nutritionists practice evidence-based science every day in encouraging and educating the public on disease prevention and treatment and we know that chronic disease increases the cost of health care and drives up insurance premiums.

**Nancy Z. Farrell, MS, RDN, FAND**
*CBS News*

There may be a scientific reason we crave starchy foods when we’re feeling low. One hypothesis suggests carbohydrates can help your brain produce serotonin, which, as we noted earlier, regulates moods. Complex carbs, such as whole grains and starchy vegetables, take longer to digest, making them a sort of “time-release” happy pill.

**Kristen Gradney, MHA, RDN, LDN**
*Huffington Post*

For most people, eating a variety of probiotic-containing foods most days of the week is enough to regulate digestion and relieve mild and/or occasional problems.

**Kristi King, MPH, RDN, LD, CNSC**
*Consumer Reports*

Mindfulness can help you reduce stress and think differently about food. It has helped my clients pinpoint why it is they are overeating, so they uncovered their source of non-physical hunger. It’s often a deep thing and eating was a way to numb their feelings. By sitting down and figuring out the root cause of the mindless eating, they achieve a more balanced life.

**Caroline Passerrello, MS, RDN, LDN**
*CNN*

Fiber is linked to having a lower body weight because whole grains are usually lower in calories than high-fat foods. Fiber calories from high quality, high-fiber foods are also more satiating—they add bulk and slow the digestion process and that makes it more likely for us to lose weight over time.

**Angel Planells, MS, RDN, CD**
*Reader’s Digest*