Addressing the national epidemic of childhood obesity… Deciphering the latest diet books, apps and trends… Packing a healthy lunch for the children… 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
Eat Right Nutrition: www.facebook.com/EatRightNutrition
Food & Nutrition Magazine: www.facebook.com/FoodNutriMag
Kids Eat Right: www.facebook.com/KidsEatRight

Instagram
eatrightPRO: www.instagram.com/eatright_PRO
Food & Nutrition Magazine: www.instagram.com/foodnutrimag

LinkedIn
Organization page: www.linkedin.com/company/eatrightpro

Pinterest
Kids Eat Right: www.pinterest.com/KidsEatRight
Food & Nutrition Magazine: www.pinterest.com/FoodNutriMag

Twitter
Eat Right Nutrition: www.twitter.com/EatRight
Food & Nutrition Conference & Expo™: www.twitter.com/eatrightFNCE
Food & Nutrition Magazine: www.twitter.com/FoodNutriMag
Kids Eat Right: www.twitter.com/KidsEatRight

YouTube
Eat Right TV: www.youtube.com/EatRightTV
Kids Eat Right: www.youtube.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 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 such as 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 including obesity, 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. They provide individualized health services to help clients meet their needs whether it be setting weight management goals or achieving optimal athletic performance.
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

Dedicated to professionals, part of the Academy’s www.eatrightPRO.org website includes a media section 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 2019–2020 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.

We 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.

Websites
www.eatright.org
www.eatrightPRO.org
www.eatrightSTORE.org
www.kidseatright.org

Location
Headquarters
120 South Riverside Plaza, Suite 2190
Chicago, IL 60606
800/877-1600

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

Leaders 2019-2020
The Academy is led by a Board of Directors comprised of national leaders in nutrition and health. The nutrition and dietetics profession is governed by a 105-member elected House of Delegates.

President: Terri J. Raymond, MA, RDN, CD, FAND
President-elect: Linda T. Farr, RDN, CSOWM, LD, FAND
Speaker of the House of Delegates:
Diane W. Heller, MMSc, RDN, LD, FAND
Chief Executive Officer: Patricia M. Babjak, MLIS

Membership
Approximately 65 percent of the Academy’s members are registered dietitian nutritionists and 2 percent are nutrition and dietetics 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 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 such as 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 such as 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 2019 Food & Nutrition Conference & Expo™ will be held October 26 to 29 in Philadelphia, Pa. 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 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 11, 2020.

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. http://sm.foodnutrimag.org/FNapp

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 a world where all people thrive through the transformative power of food and nutrition. 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 and caretakers, 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 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, such as 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 an eating disorder; set realistic weight management goals for yourself and your family; and achieve your optimal athletic performance.

- 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 eating style. 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 a variety of fruits, vegetables, whole grains, lean protein foods and low-fat or fat-free dairy.

- There is no better time than the early years to make an impact on the lifelong eating and physical activity 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.

- Visit www.eatright.org to locate a registered dietitian nutritionist near you.

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.
Commonly Used 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
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)

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 healthful 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 healthful 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, 4th Ed.
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.
Academy Spokespeople 2019-2020

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 where she provides holistic nutrition counseling and corporate wellness services with a focus on diabetes, women’s health and disease prevention. She specializes in the Mediterranean Diet and intuitive eating. Al Bochi is a member of several Academy dietetic practice groups including Nutrition Entrepreneurs and serves on the board of the Georgia Academy of Nutrition and Dietetics. Al Bochi is a graduate of Ryerson University.
Nancy Z. Farrell Allen
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

Allen 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 served as nutrition advisor to the Virginia Governor’s Health Reform Commission workgroup from 2006 to 2007 and was appointed to the Virginia Governor’s Pediatric Nutrition Health Council in 2015. Allen is also a member of U.S. Rep. Robert Wittman’s (Va.) Health Advisory Council. Allen graduated from the University of Illinois and earned a master’s degree from Rosalind Franklin University of Medicine and Science.

Sonya Angelone
MS, RDN, CLT

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

Angelone is the owner of a nutrition consulting firm that 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). She earned undergraduate and master’s degrees from California State University – San Jose.
Yasi Ansari
MS, RD, CSSD

Areas of Expertise
- Disease Prevention
- Medical Nutrition Therapy
- Sports Nutrition and Fitness
- Wellness Nutrition
- Women’s Nutrition

Ansari is the assistant director of performance nutrition at the University of California – Berkeley and is certified in sports dietetics. She provides counseling to student athletes through her private practice and consults with coaches and sports teams at area high schools and universities. Ansari also specializes in women’s health. A freelance nutrition and lifestyle writer, Ansari co-edits a newsletter for the Academy’s Sports, Cardiovascular and Wellness Nutrition dietetic practice group. Ansari earned an undergraduate degree from the University of California – Los Angeles and a master’s degree from California State University – Northridge.

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

Areas of Expertise
- Breast-Feeding
- Community Nutrition/Public Health
- Cultural Foods/Cultural Competency
- Diabetes
- Food Insecurity

Arévalo is a nutrition consultant and the nutrition services and outreach director of Montefiore Medical Center’s community programs. She is a certified diabetes educator and provides nutritional counseling to adults and children with anemia, weight issues and gastrointestinal disorders. Arévalo counsels multicultural populations, the homeless and mothers on breast-feeding their infants. A native Spanish speaker, 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, worked in public relations and is a book author. 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
- Cultural Foods/Cultural Competency
- Diet Trends
- Employee Wellness Programs
- Mindful/Intuitive Eating
- Recipe Development and Makeovers

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.
Wesley Delbridge
RDN

Areas of Expertise
- Children’s Nutrition
- Education Technology
- Food Allergies
- Health Education
- School Meals

Delbridge is an adjunct faculty member teaching food science at Chandler Gilbert Community College. He 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. Delbridge has worked on national legislative action committees for the School Nutrition Association. Delbridge is a graduate of Arizona State University.

Linda T. Farr
RDN, CSOWM, LD, FAND
Academy President-elect

Areas of Expertise
- Community Nutrition/Public Health
- Food Labels/Label Reading
- Food Policy and Programs
- Medical Nutrition Therapy
- Obesity and Weight Management

Farr is the owner of Nutrition Associates of San Antonio. She is a board-certified specialist in obesity and weight management and provides personalized medical nutrition therapy to teens and adults, as well as conducting media interviews and public speaking. Farr has more than 35 years of experience in medical, surgical, mental health, physical rehabilitation and private practice settings. She is a Medicare and insurance provider and a preceptor for several dietetic internships, focusing on reimbursement and business practices. Farr will serve as the Academy’s President in 2020-2021. In the Academy’s House of Delegates, Farr served on the House Leadership Team and as a two-term Texas affiliate delegate. She was Speaker of the House of Delegates in 2016-2017. She is a founding member of the Weight Management dietetic practice group. Farr was named a 2005 San Antonio Healthcare Hero by the San Antonio Business Journal and was the Texas Academy’s 2011 Distinguished Dietitian of the Year. Farr was appointed to the San Antonio Mayor’s Fitness Council and served as a volunteer for the city’s Por Vida! healthy restaurant initiative. She was instrumental in developing nutrition guidelines for diabetes-friendly restaurant choices and healthful vending machine criteria earning praise from the federal government. Farr is a graduate of Iowa State University.
Robin Foroutan  
MS, RDN, HHC

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

Foroutan is a nutrition consultant, writer, public speaker and holistic health coach with expertise in natural healing, dietary supplements and using a “food-as-medicine” approach to wellness. Foroutan sees clients virtually and in person at the Morrison Center. She uses science-based integrative and functional nutrition techniques to help her clients address symptoms and prevent disease using targeted nutrition interventions. Foroutan frequently speaks to professional and consumer audiences about harnessing the power of nutrition to improve health and healing. 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 owns a private practice and is a public speaker on health and wellness. She helps her clients achieve long-term lifestyle changes to meet their goals. Gradney is the state policy representative for the Louisiana Academy of Nutrition and Dietetics. She earned her undergraduate degree 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 private practice and serves as adjunct clinical faculty 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 from Bastyr University.

Jerlyn Jones
MS, MPA, RDN, LD, CLT

**Areas of Expertise**
- Cardiovascular Nutrition
- Diabetes
- Food Insecurity
- Food Sensitivities
- Obesity and Weight Management

Jones is the owner of a nutrition consulting practice that focuses on food sensitivities, diabetes, disease prevention, obesity and weight management, cardiovascular nutrition and mindful eating techniques. She teaches her clients that choosing whole nutritious foods combined with fitness and self-love is vital for health and wellness. Jones frequently speaks to professional and public audiences on how nutrition and food choices influence’s health. She earned a bachelor’s and master’s degree from Arizona State University and a second master’s degree from Columbia University Teachers College.
**Amy Kimberlain**  
RD, LD/N, CDE  

**Areas of Expertise**  
- Children’s Nutrition  
- Diabetes  
- Disease Prevention  
- Latino Nutrition  
- Vegetarian Nutrition  

Kimberlain is a certified diabetes educator at Baptist Health South Florida. She has 20 years of experience in nutrition and dietetics. Active in the community, Kimberlain has contributed her expertise to various public health initiatives, including childhood obesity, diabetes and family health. She also is an avid runner and registered yoga teacher. Kimberlain earned bachelor’s degrees in nutrition and Spanish from Florida State University.

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**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 public speaker and 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. She promotes how to eat flavorful, healthful foods that are fast and easy to prepare. Lemond is active with the Texas Academy of Nutrition and Dietetics. She is a graduate of the University of Texas Southwestern Medical Center.

Whitney Linsenmeyer
PhD, RD, LD

Areas of Expertise
• Culinary/Chef
• Eating Disorders
• Mindful/Intuitive Eating
• Research Review and Analysis
• Transgender Nutrition

Linsenmeyer is a faculty member at Saint Louis University where she teaches advanced nutrition, foundations of nutrition and clinical systems management. Her research is in nutrition care for the transgender population. Linsenmeyer also serves as the staff dietitian at the university’s student health center, where she works exclusively with eating disorder clients and teaches 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 in higher education administration.
Melissa Majumdar
MS, RD, CSOWM, LDN

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

Majumdar is the bariatric coordinator with Emory University Midtown. Majumdar is a reviewer for the bariatric section for the Academy’s Weight Management dietetic practice group newsletter and for the journal Obesity Surgery. She speaks at professional conferences on obesity, bariatric surgery and fitness, has a certificate in adult weight management and has experience as a certified personal trainer. She also teaches a nutrition course at Northeastern University. 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 owns a private practice and nutrition consulting company focused on helping mothers provide more nutrient-dense, minimally processed whole foods for their children. She also is the director of nutrition and content creation at Rejuvenan Global Health, a digital health and technology company where she writes, produces and appears in nutrition education videos and cooking demonstrations. Malkani earned two certificates in adult weight management, undergraduate degrees from Northwestern University and 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 focuses on better eating for children, families and seniors. She guides chefs in developing healthier menus. Through wellness events, she teaches people how to plan and prepare meals that meet their lifestyle, health and nutrition needs. Maples is certified in adult weight management, child and adolescent weight management and counseling for heart health. Maples is a graduate of the University of North Carolina – Chapel Hill and earned her master’s degree from the University of North Carolina – Greensboro.

Libby Mills
MS, RDN, LDN, FAND

Areas of Expertise
• Culinary/Chef
• Food Preparation and Meal Planning
• Food Safety
• Healthful Shopping
• Obesity and Weight Management

Mills is a culinary nutritionist for Villanova University’s MacDonald Center for Obesity Prevention and Education and teaches nutrition at Neumann University. Her expertise in the restaurant and retail food industries includes food safety and culinary practice. Mills has a special interest in food culture, history and travel. She hosts “Libby’s Luncheonette,” a weekly Philadelphia radio show. Mills earned undergraduate and master’s degrees from Saint Louis University.
Cordialis Msora-Kasago  
MA, RDN  

Areas of Expertise  
- African-American Nutrition  
- Cultural Foods/Cultural Competency  
- Disease Prevention  
- Food Safety  
- International Nutrition

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

**Areas of Expertise**  
- African-American Nutrition  
- Disease Prevention  
- Food Insecurity  
- Men’s Nutrition  
- Vegetarian/Vegan Nutrition

Petitpain works for Sodexo as the wellness director in the Office of Health Promotion at the Medical University of South Carolina. Petitpain developed the university’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 was honored with a “Hero of Everyday Life” award from the Sodexo Foundation in 2016. Petitpain is the Academy Foundation’s Food Security Solutions Fellow, leading the development and implementation of a plan to promote increased awareness and use of the Academy’s Food Security Solutions guide and tools. Petitpain is a graduate of the 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 is the owner of a private practice/consulting firm. He is the immediate past-president of the Washington State Academy of Nutrition and Dietetics and a former president of the Greater Seattle Dietetic Association. Planells 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 earned a certificate in adult weight management. He is a graduate of Tulane University and earned a master’s degree from Columbia University.
Terri J. Raymond
MA, RDN, CD, FAND
Academy President

Areas of Expertise:
- Aging and Nutrition
- Appreciative Change/Individual
- Appreciative Change/Organizational
- Elderly Nutrition/Gerontology
- 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 the Academy’s 2019-2020 President. She 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 former president of the Washington State Dietetic Association, was honored with the state’s Distinguished Service Award and represented the state in the Academy’s House of Delegates. Raymond is a former 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. Raymond is a graduate of Washington State University and earned a master’s degree from Antioch University.

Alicia Romano
MS, RD, LDN, CNSC

Areas of Expertise
- Cancer
- Celiac Disease
- Food Allergies
- Gastrointestinal Nutrition
- Sports Nutrition and Fitness

Romano is an outpatient specialized clinical dietitian at Tufts Medical Center where she provides medical nutrition therapy to patients with chronic diseases related to gastroenterology and oncology. Romano helps manage the nutritional needs of patients with irritable bowel syndrome, small intestinal bacterial overgrowth, celiac disease, inflammatory bowel disease and food allergies and intolerances. She is a board-certified nutrition support clinician and has a private practice where she counsels clients on sports nutrition, healthful eating and weight management. She also is a writer and author. Romano earned a bachelor’s degree from James Madison University and a master’s degree from Tufts University.
Mary Russell  
MS, RDN, LDN, FAND  
Academy Past 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. Russell served as the Academy’s President in 2018-2019. 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 former member of the Academy Foundation’s Board; former chair of the Dietitians in Nutrition Support dietetic practice group; and former 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, FAND

Areas of Expertise
- Diabetes
- Food Allergies
- Mindful/Intuitive Eating
- Obesity and Weight Management
- Vegetarian/Vegan Nutrition

Sheth is the owner of a nutrition consulting practice and specializes in intuitive eating, food allergies, vegetarian nutrition and family nutrition. She is board-certified as a diabetes educator and earned certificates in gerontology and food allergy management. Sheth works with individuals, groups, community organizations and schools. She is an author and public speaker and received the 2016 Excellence in Private Practice, Business, Communication award from the California Academy of Nutrition and Dietetics. 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 and the founder of a blog that promotes healthful eating for the entire family. She is a fundraising co-chair for the Georgia Academy of Nutrition and Dietetics and nominating committee director for the Academy’s Weight Management dietetic practice group. Smith also is 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, FAND

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

Stefanski is a food, nutrition and dietetics content expert for Nutrition Dimension, a division of Relias, where she provides continuing education opportunities for allied health care professionals. She owns a private practice that 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 certified specialist in sports dietetics. She is a graduate of Messiah College and earned a master’s degree in adult and distance education from Penn State University.
Lauri Wright
PhD, RDN, LD

Areas of Expertise
• Aging and Nutrition
• Community Nutrition/Public Health
• Dietetic Licensure
• Epidemiology (Research Review and Analysis)
• International Nutrition

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, malnutrition, global nutrition 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 is the 2019-2020 Speaker-elect of the Academy’s House of Delegates and a member of the Legislative and Public Policy Committee. She graduated from The Ohio State University and earned a master’s degree from Case Western Reserve University and a doctorate from the 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. 28

California
Los Angeles
Yasi Ansari, p. 24
Cordialis Msora-Kasago, p. 42
Vandana Sheth, p. 49
San Francisco
Sonya Angelone, p. 23

District of Columbia
Isabel Maples, p. 40

Florida
Jacksonville
Lauri Wright, p. 52
Miami
Amy Kimberlain, p. 34

Georgia
Atlanta
Rahaf Al Bochi, p. 21
Jerlyn Jones, p. 33
Melissa Majumdar, p. 38
Kristen Smith, p. 50

Illinois
Chicago
Jennifer Bruning, p. 27

Louisiana
Baton Rouge
Kristen Gradney, p. 31

Maryland
Baltimore
Julie Stefanski, p. 51

Massachusetts
Boston
Alicia Romano, p. 47

Missouri
St. Louis
Whitney Linsenmeyer, p. 37

New York
New York City
Sandra Arévalo, p. 25
Robin Foroutan, p. 30
Malina Malkani, p. 39

Ohio
Columbus
Torey Armul, p. 26

Pennsylvania
Philadelphia
Libby Mills, p. 41
Pittsburgh
Caroline Passerrello, p. 43

South Carolina
Charleston
Debbie Petitpain, p. 44

Texas
Dallas
Angela Lemond, p. 36
Houston
Kristi King, p. 35

Virginia
Fredericksburg
Nancy Z. Farrell Allen, p. 22

Washington
Seattle
Ginger Hultin, p. 32
Angel Planells, p. 45
Index of Specialty Areas

Adolescent Nutrition
Sandra Arévalo, p. 25
Kristi King, p. 35
Angela Lemond, p. 36
Vandana Sheth, p. 49

African-American Nutrition
Sandra Arévalo, p. 25
Kristen Gradney, p. 31
Jerlyn Jones, p. 33
Cordialis Msora-Kasago, p. 42
Debbie Petitpain, p. 44
Angel Planells, p. 45
Lauri Wright, p. 52

Aging and Nutrition
Sandra Arévalo, p. 25
Angel Planells, p. 45
Vandana Sheth, p. 49
Lauri Wright, p. 52

Arthritis/Inflammation Nutrition
Sonya Angelone, p. 23
Robin Foroutan, p. 30
Ginger Hultin, p. 32
Alicia Romano, p. 47

Autism/Developmental Disorders
Wesley Delbridge, p. 28
Angela Lemond, p. 36
Julie Stefanski, p. 51

Bariatric/Weight Loss Surgery
Sandra Arévalo, p. 25
Melissa Majumdar, p. 38
Debbie Petitpain, p. 44
Kristen Smith, p. 50

Behavior and Lifestyle Modification
Nancy Z. Farrell Allen, p. 22
Yasi Ansari, p. 24
Robin Foroutan, p. 30
Kristen Gradney, p. 31
Angela Lemond, p. 36
Malina Malkani, p. 39
Libby Mills, p. 41
Caroline Passerrello, p. 43
Angel Planells, p. 45
Vandana Sheth, p. 49

Breast-Feeding
Sandra Arévalo, p. 25
Torey Armul, p. 26
Angela Lemond, p. 36
Melissa Majumdar, p. 38

Calcium
Yasi Ansari, p. 24
Melissa Majumdar, p. 38
Isabel Maples, p. 40

Cancer Nutrition
Yasi Ansari, p. 24
Ginger Hultin, p. 32
Alicia Romano, p. 47
Vandana Sheth, p. 49

Carbohydrates
Amy Kimberlain, p. 34
Libby Mills, p. 41
Vandana Sheth, p. 49
Julie Stefanski, p. 51

Cardiovascular Nutrition
Sonya Angelone, p. 23
Robin Foroutan, p. 30
Ginger Hultin, p. 32
Jerlyn Jones, p. 33
Amy Kimberlain, p. 34
Angela Lemond, p. 36
Angel Planells, p. 45

Celiac Disease
Nancy Z. Farrell Allen, p. 22
Robin Foroutan, p. 30
Angela Lemond, p. 36
Alicia Romano, p. 47
Vandana Sheth, p. 49
Julie Stefanski, p. 51

Children’s Nutrition
Wesley Delbridge, p. 28
Amy Kimberlain, p. 34
Kristi King, p. 35
Angela Lemond, p. 36
Malina Malkani, p. 39
Isabel Maples, p. 40
Caroline Passerrello, p. 43
Vandana Sheth, p. 49
Julie Stefanski, p. 51
### Cholesterol
Sonya Angelone, p. 23  
Robin Foroutan, p. 30  
Ginger Hultin, p. 32  
Libby Mills, p. 41  
Angel Planells, p. 45

### Community Nutrition/Public Health
Nancy Z. Farrell Allen, p. 22  
Sandra Arévalo, p. 25  
Wesley Delbridge, p. 28  
Caroline Passerrello, p. 43  
Lauri Wright, p. 52

### Culinary/Chef
Jennifer Bruning, p. 27  
Whitney Linsenmeyer, p. 37  
Isabel Maples, p. 40  
Libby Mills, p. 41

### Cultural Foods/Cultural Competency
Rahaf Al Bochi, p. 21  
Sandra Arévalo, p. 25  
Jennifer Bruning, p. 27  
Kristen Gradney, p. 31  
Cordialis Msora-Kasago, p. 42  
Angel Planells, p. 45  
Vandana Sheth, p. 49

### Diabetes
Rahaf Al Bochi, p. 21  
Sandra Arévalo, p. 25  
Kristen Gradney, p. 31  
Jerlyn Jones, p. 33  
Amy Kimberlain, p. 34  
Cordialis Msora-Kasago, p. 42  
Alicia Romano, p. 47  
Vandana Sheth, p. 49  
Kristen Smith, p. 50  
Julie Stefanski, p. 51

### Diet Trends
Sonya Angelone, p. 23  
Jennifer Bruning, p. 27  
Wesley Delbridge, p. 28  
Robin Foroutan, p. 30  
Ginger Hultin, p. 32  
Amy Kimberlain, p. 34  
Angela Lemond, p. 36  
Whitney Linsenmeyer, p. 37  
Malina Malkani, p. 39  
Caroline Passerrello, p. 43  
Kristen Smith, p. 50

### Dietary Guidelines for Americans
Angela Lemond, p. 36  
Melissa Majumdar, p. 38  
Isabel Maples, p. 40  
Libby Mills, p. 41  
Caroline Passerrello, p. 43  
Debbie Petitpain, p. 44  
Angel Planells, p. 45  
Kristen Smith, p. 50

### Dietetics Licensure
Jennifer Bruning, p. 27  
Angel Planells, p. 45  
Julie Stefanski, p. 51  
Lauri Wright, p. 52

### Disease Prevention
Sonya Angelone, p. 23  
Yasi Ansari, p. 24  
Robin Foroutan, p. 30  
Ginger Hultin, p. 32  
Amy Kimberlain, p. 34  
Angela Lemond, p. 36  
Cordialis Msora-Kasago, p. 42  
Debbie Petitpain, p. 44  
Angel Planells, p. 45  
Alicia Romano, p. 47

### Eating Disorders/Nutritional Psychotherapy
Nancy Z. Farrell Allen, p. 22  
Angela Lemond, p. 36  
Whitney Linsenmeyer, p. 37

### Eating on a Budget
Rahaf Al Bochi, p. 21  
Yasi Ansari, p. 24  
Sandra Arévalo, p. 25  
Angela Lemond, p. 36  
Isabel Maples, p. 40  
Libby Mills, p. 41  
Caroline Passerrello, p. 43  
Debbie Petitpain, p. 44  
Vandana Sheth, p. 49  
Lauri Wright, p. 52
Index of Specialty Areas

Education Technology
Wesley Delbridge, p. 28
Julie Stefanski, p. 51

Elderly Nutrition/Gerontology
Sandra Arévalo, p. 25
Angel Planells, p. 45
Vandana Sheth, p. 49
Lauri Wright, p. 52

Employee Wellness Programs
Torey Armul, p. 26
Jennifer Bruning, p. 27
Angela Lemond, p. 36
Malina Malkani, p. 39

Environmental Nutrition
Jennifer Bruning, p. 27
Robin Foroutan, p. 30
Ginger Hultin, p. 32
Libby Mills, p. 41

Epidemiology (Research Review and Analysis)
Whitney Linsenmeyer, p. 37
Lauri Wright, p. 52

Fad Diets
Jennifer Bruning, p. 27
Robin Foroutan, p. 30
Ginger Hultin, p. 32
Angela Lemond, p. 36
Whitney Linsenmeyer, p. 37
Kristen Smith, p. 50

Family Nutrition
Torey Armul, p. 26
Kristen Gradney, p. 31
Angela Lemond, p. 36
Melissa Majumdar, p. 38
Malina Malkani, p. 39
Isabel Maples, p. 40
Cordalis Msora-Kasago, p. 42
Kristen Smith, p. 50

Fast Food/Dining Out
Sandra Arévalo, p. 25
Wesley Delbridge, p. 28
Ginger Hultin, p. 32
Isabel Maples, p. 40
Libby Mills, p. 41
Angel Planells, p. 45
Kristen Smith, p. 50

Fats and Omega Fatty Acids
Sonya Angelone, p. 23
Libby Mills, p. 41
Julie Stefanski, p. 51

Fiber
Nancy Z. Farrell Allen, p. 22
Ginger Hultin, p. 32
Kristi King, p. 35

Folic Acid
Robin Foroutan, p. 30

Food Allergies
Nancy Z. Farrell Allen, p. 22
Sonya Angelone, p. 23
Jennifer Bruning, p. 27
Wesley Delbridge, p. 28
Jerlyn Jones, p. 33
Kristi King, p. 35
Angela Lemond, p. 36
Alicia Romano, p. 47
Vandana Sheth, p. 49
Kristen Smith, p. 50
Julie Stefanski, p. 51

Food Insecurity
Sandra Arévalo, p. 25
Jerlyn Jones, p. 33
Debbie Petitpain, p. 44
Lauri Wright, p. 52

Food Labels/Label Reading
Rahaf Al Bochi, p. 21
Nancy Z. Farrell Allen, p. 22
Jennifer Bruning, p. 27
Kristen Gradney, p. 31
Whitney Linsenmeyer, p. 37
Melissa Majumdar, p. 38
Libby Mills, p. 41
Caroline Passerrello, p. 43
Debbie Petitpain, p. 44

Food Policy and Programs
Lauri Wright, p. 52
Index of Specialty Areas

**Food Preparation and Meal Planning**
Rahaf Al Bochi, p. 21
Sandra Arévalo, p. 25
Kristen Gradney, p. 31
Angela Lemond, p. 36
Melissa Majumdar, p. 38
Malina Malkani, p. 39
Isabel Maples, p. 40
Libby Mills, p. 41
Cordialis Msora-Kasago, p. 42
Vandana Sheth, p. 49

**Food Safety**
Wesley Delbridge, p. 28
Isabel Maples, p. 40
Libby Mills, p. 41
Cordialis Msora-Kasago, p. 42

**Food Sensitivities**
Sonya Angelone, p. 23
Jerlyn Jones, p. 33
Alicia Romano, p. 47

**Functional Foods and Phytochemicals**
Sonya Angelone, p. 23
Robin Foroutan, p. 30
Ginger Hultin, p. 32

**Gastrointestinal Nutrition**
Sonya Angelone, p. 23
Torey Armul, p. 26
Robin Foroutan, p. 30
Kristi King, p. 35
Angela Lemond, p. 36
Alicia Romano, p. 47
Julie Stefanski, p. 51

**Gluten Intolerance**
Robin Foroutan, p. 30
Julie Stefanski, p. 51

**Health Coaching**
Sandra Arévalo, p. 25
Torey Armul, p. 26
Robin Foroutan, p. 30
Libby Mills, p. 41

**Health Education**
Yasi Ansari, p. 24
Sandra Arévalo, p. 25

**Health Fraud/Quackery**
Robin Foroutan, p. 30
Ginger Hultin, p. 32
Whitney Linsenmeyer, p. 37

**Healthful Shopping**
Rahaf Al Bochi, p. 21
Nancy Z. Farrell Allen, p. 22
Kristen Gradney, p. 31
Malina Malkani, p. 39
Isabel Maples, p. 40
Libby Mills, p. 41
Cordialis Msora-Kasago, p. 42
Caroline Passerrello, p. 43
Angel Planells, p. 45
Kristen Smith, p. 50

**Herbal Remedies and Botanicals**
Sandra Arévalo, p. 25
Robin Foroutan, p. 30
Ginger Hultin, p. 32

**High Blood Pressure/Hypertension**
Rahaf Al Bochi, p. 21
Sonya Angelone, p. 23
Cordialis Msora-Kasago, p. 42
Angel Planells, p. 45

**Holistic, Integrative and Alternative Nutrition**
Sonya Angelone, p. 23
Robin Foroutan, p. 30
Ginger Hultin, p. 32
Jerlyn Jones, p. 33

**Infant Nutrition**
Kristi King, p. 35

**Insulin Resistance and Metabolic Syndrome**
Sonya Angelone, p. 23
Robin Foroutan, p. 30
Jerlyn Jones, p. 33
Amy Kimberlain, p. 34
Kristen Smith, p. 50
International/Global Nutrition
Cordialis Msora-Kasago, p. 42
Lauri Wright, p. 52

Latino Nutrition
Sandra Arévalo, p. 25
Amy Kimberlain, p. 34
Angel Planells, p. 45

Legislation and Policy Issues
Nancy Z. Farrell Allen, p. 22
Kristen Gradney, p. 31
Lauri Wright, p. 52

Maternal and Prenatal Nutrition
Rahaf Al Bochi, p. 21
Sandra Arévalo, p. 25
Torey Armul, p. 26
Caroline Passerrello, p. 43
Vandana Sheth, p. 49
Lauri Wright, p. 52

Medical Nutrition Therapy
Nancy Z. Farrell Allen, p. 22
Yasi Ansari, p. 24
Kristen Gradney, p. 31
Ginger Hultin, p. 32
Kristi King, p. 35
Cordialis Msora-Kasago, p. 42
Vandana Sheth, p. 49
Lauri Wright, p. 52

Men’s Nutrition
Wesley Delbridge, p. 28
Debbie Petitpain, p. 44
Angel Planells, p. 45

Metabolism
Melissa Majumdar, p. 38

Mindful/Intuitive Eating
Rahaf Al Bochi, p. 21
Torey Armul, p. 26
Jennifer Bruning, p. 27
Jerlyn Jones, p. 33
Whitney Linsenmeyer, p. 37
Melissa Majumdar, p. 38
Malina Malkani, p. 39
Libby Mills, p. 41
Vandana Sheth, p. 49
Kristen Smith, p. 50

Natural and Organically Grown Foods
Nancy Z. Farrell Allen, p. 22
Robin Foroutan, p. 30
Libby Mills, p. 41

Nutrient Analysis
Malina Malkani, p. 39
Caroline Passerrello, p. 43

Nutrigenomics
Sonya Angelone, p. 23
Ginger Hultin, p. 32

Nutritional Assessment
Kristi King, p. 35
Cordialis Msora-Kasago, p. 42
Lauri Wright, p. 52

Nutrition and Dietetics Profession
Nancy Z. Farrell Allen, p. 22
Sonya Angelone, p. 23
Angela Lemond, p. 36
Caroline Passerrello, p. 43
Angel Planells, p. 45
Julie Stefanski, p. 51
Lauri Wright, p. 52

Nutrition and Medical Care
Kristen Gradney, p. 31

Nutrition Education for Consumers
Nancy Z. Farrell Allen, p. 22
Kristen Gradney, p. 31
Kristi King, p. 35
Angela Lemond, p. 36
Libby Mills, p. 41
Cordialis Msora-Kasago, p. 42
Caroline Passerrello, p. 43
Alicia Romano, p. 47
Vandana Sheth, p. 49

Nutrition Education for Physicians
Kristen Gradney, p. 31
Kristi King, p. 35
Debbie Petitpain, p. 44
Index of Specialty Areas

Obesity and Weight Management
Rahaf Al Bochi, p. 21
Sonya Angelone, p. 23
Torey Armul, p. 26
Ginger Hultin, p. 32
Jerlyn Jones, p. 33
Angela Lemond, p. 36
Melissa Majumdar, p. 38
Malina Malkani, p. 39
Libby Mills, p. 41
Angel Planells, p. 45
Vandana Sheth, p. 49
Kristen Smith, p. 50

Protein
Melissa Majumdar, p. 38
Isabel Maples, p. 40
Libby Mills, p. 41
Angel Planells, p. 45
Kristen Smith, p. 50
Julie Stefanski, p. 51

Recipe Development and Makeovers
Jennifer Bruning, p. 27
Kristen Gradney, p. 31
Ginger Hultin, p. 32
Whitney Linsenmeyer, p. 37
Malina Malkani, p. 39
Isabel Maples, p. 40
Libby Mills, p. 41
Cordialis Msora-Kasago, p. 42
Kristen Smith, p. 50

Renal Nutrition and Dialysis
Kristen Gradney, p. 31

School Meals
Wesley Delbridge, p. 28
Kristi King, p. 35
Whitney Linsenmeyer, p. 37

Social Media Apps
Torey Armul, p. 26
Wesley Delbridge, p. 28
Ginger Hultin, p. 32
Angela Lemond, p. 36
Kristen Smith, p. 50

Spanish Speakers
Sandra Arévalo, p. 25
Amy Kimberlain, p. 34

Sports Nutrition and Fitness
Yasi Ansari, p. 24
Torey Armul, p. 26
Amy Kimberlain, p. 34
Melissa Majumdar, p. 38
Angel Planells, p. 45
Alicia Romano, p. 47
Julie Stefanski, p. 51

Stress and Emotional Eating
Yasi Ansari, p. 24
Sandra Arévalo, p. 25
Torey Armul, p. 26
Amy Kimberlain, p. 34
Melissa Majumdar, p. 38
Libby Mills, p. 41
Angel Planells, p. 45
Kristen Smith, p. 50

Sugars/Sweeteners
Nancy Z. Farrell Allen, p. 22
Sandra Arévalo, p. 25
Debbie Petitpain, p. 44

Supplements and Vitamins
Sonya Angelone, p. 23
Robin Foroutan, p. 30
Ginger Hultin, p. 32
Jerlyn Jones, p. 33
Melissa Majumdar, p. 38
Julie Stefanski, p. 51

Transgender Nutrition
Whitney Linsenmeyer, p. 37

Vegetarian/Vegan Nutrition
Ginger Hultin, p. 32
Amy Kimberlain, p. 34
Malina Malkani, p. 39
Libby Mills, p. 41
Debbie Petitpain, p. 44
Alicia Romano, p. 47
Vandana Sheth, p. 49
Julie Stefanski, p. 51

Vitamin D
Sonya Angelone, p. 23
Robin Foroutan, p. 30
Ginger Hultin, p. 32
Creative Editorial Calendar

**January**
- National Birth Defects Prevention Month
- National Folic Acid Awareness Month
- National Glaucoma Awareness Month
- National Healthy Weight Awareness Month
- New Year’s Day: *Making healthy, effective resolutions*
- Thyroid Awareness Month

**February**
- African Heritage and Health Week
- American Heart Month
- Black History Month
- National Children’s Dental Health Month
- National Eating Disorders Awareness Week
- Valentine’s Day

**March**
- American Diabetes Alert Day (March 24, 2020)
- National Colorectal Cancer Awareness Month
- National Kidney Month
- **National Nutrition Month®**
- National School Breakfast Week
- **Registered Dietitian Nutritionist Day (March 11, 2020)**
- Save Your Vision Month
- St. Patrick’s Day
- World Kidney Day (March 12, 2020)

**April**
- Alcohol Awareness Month
- April Fools’ Day
- Cancer Control Month
- Easter (April 12, 2020)
- Every Kid Healthy Week (April 26–30, 2020)
- Irritable Bowel Syndrome Awareness Month
- National Autism Awareness Month
- National Infertility Awareness Week
- National Minority Health Month
- National Public Health Week (April 6–12, 2020)
- Passover (April 8–April 16, 2020)
- World Health Day (April 7, 2020)

**May**
- Arthritis Awareness Month
- Asian Pacific American Heritage Month
- Cinco de Mayo
- Digestive Diseases Awareness Month
- Food Allergy Action Month
- Food Allergy Awareness Week
- Global Employee Health and Fitness Month
- Healthy Vision Month
Mental Health Month
Mother’s Day (May 10, 2020)
National Asthma and Allergy Awareness Month
National Barbecue Month
National Celiac Disease Awareness Month
National High Blood Pressure Education Month
National Mediterranean Diet Month
National Osteoporosis Month
National Physical Fitness and Sports Month
National Senior Health and Fitness Day (May 27, 2020)
National Stroke Awareness Month
National Women’s Check-up Day (May 11, 2020)
National Women’s Health Week
Older Americans Month
Ramadan (April 23–May 23, 2020)
World Hand Hygiene Day (May 5, 2020)

June
Alzheimer’s & Brain Awareness Month
*Brain health and fish*
Father’s Day (June 16, 2019)
*Healthful meals for kids to prepare for dad*
Men’s Health Month
Men’s Health Week (June 10–16, 2019)
National Cancer Survivors Day (June 2, 2019)
National Dairy Month
National Papaya Month
National Soul Food 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
Avoid the “Freshman 15”
Back to school
Children’s Eye Health and Safety Month
*College cooking on a budget*
*Family vacations: Dashboard dining*
**Kids Eat Right Month™**
*Manage a diet on dorm food*
National Breast-Feeding Month
World Breast-Feeding Week (August 1–7, 2019)

September
Childhood Cancer Month
Family Health and Fitness Day USA (September 29, 2019)
Fruits and Veggies — More Matters Month
Healthy Aging Month

Labor Day (September 2, 2019)
National Celiac Disease Awareness Day (September 13, 2019)
National Childhood Obesity Awareness Month
National Cholesterol Education Month
National Food Safety Education Month
National Women’s Health and Fitness Day (September 25, 2019)
Ovarian Cancer Awareness Month
Prostate Cancer Awareness Month
Self-Improvement Month
Whole Grains Month
World Alzheimer’s Month
World Heart Day (September 29, 2019)

October
**Academy’s Food & Nutrition Conference & Expo™**
(October 26–29, 2019)
Bone and Joint Health National Awareness Week
(October 12–20, 2019)
Child Health Day (October 7, 2019)
Child Health Month
Family Health Month
Health Literacy Month
*Healthful Halloween treats for kids*
Hunger Awareness Month
Mental Illness Awareness Week (October 6–12, 2019)
National Breast Cancer Awareness Month
National Bullying Prevention Month
National Health Education Week (October 21–25, 2019)
Vegetarian Awareness Month
World Food Day (October 16, 2019)

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 15, 2019)
Lung Cancer Awareness Month
National Alzheimer’s Disease Awareness Month
Thanksgiving (November 28, 2019)
*Turkey tips*

December
Christmas
*Healthful snacks for the holidays*
*Healthfully navigating holiday parties*
Hanukkah (December 22–30, 2019)
Kwanzaa (December 26, 2019–January 1, 2020)
National Handwashing Awareness Week (December 1–7, 2019)
National Stress-Free Family Holiday Month
*Weight maintenance over the holidays*
World AIDS Day (December 1)
Registered dietitian nutritionists are the media’s best source for expert commentary and sound bites.

Research suggests that the benefits of breakfast are beyond weight. At the end of the day, nutritional requirements are very individual. It is important that you seek a registered dietitian for personalized nutrition recommendations.

Rahaf Al Bochi, RDN, LDN
Healthline

Food nourishes the body and provides necessary fuel to help you thrive and fight disease. In addition to providing nourishment, food is also a source of pleasure and enjoyment. Take time to enjoy healthy foods and all the happiness they bring to your life.

Kristen Gradney, MHA, RDN, LDN
Saint Louis Post-Dispatch

Portion control makes all the difference. A healthy eating pattern isn’t defined by one meal. You can always alter your dinner to balance out foods you eat during work hours. Remember, though, that just because it’s offered, you don’t have to eat it.

Debbie Petitpain, MS, RDN, LDN
CBS News

Potassium can help lower blood pressure, as it helps buffer the effect of sodium on blood pressure. Enjoying foods that are rich in potassium while also lowering sodium intake may help reduce risk of high blood pressure and stroke.

Vandana Sheth, RDN, CDE, FAND
Prevention

Up to 85 percent of individuals who have celiac disease don’t know it because they write their symptoms off or change their diets without being tested. Rather than diagnosing yourself, work with a reputable gastroenterologist, coupled with an experienced registered dietitian who specializes in GI disorders.

Julie Stefanski, MEd, RDN, CSSD, LDN, CDE, FAND
CNN

The idea of perfect eating; I don’t even know what that is. Does that mean you can’t ever have sugar or salty things? Sure you can. But what I tell people is use the word ‘manage.’ Manage your cravings.

Sonya Angelone, MS, RDN, CLT
Huffington Post
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eatrightPRO.org/media

Representing more than 100,000 credentialed practitioners, the Academy of Nutrition and Dietetics is the 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.