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
Media Relations Manager: Lydia Hall, ext. 4769
Public Relations Manager: Sarah Amundsen, 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
FNCE: 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
Food & Nutrition Magazine: www.youtube.com/channel/UCMMYLn2mjvto7GbrpYFL8Q
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 health care 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
• Academy Spokespeople bios
• Media materials for National Nutrition Month® (March), Kids Eat Right Month™ (August), and Spotlight on Malnutrition (September)
• 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 are nutrition experts. They 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 are committed to telling the public and media the straight story. You will find their knowledge and their enthusiasm to be contagious.

Beginning on page 21, you will find biographical sketches of the Academy’s 2021-2022 Spokespeople along with their top areas of expertise. Additional areas of expertise can be found in the index beginning on page 55.

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, through its members, works to:

• Amplify the contribution and value of diverse nutrition and dietetics practitioners to the public

• Position registered dietitian nutritionists as the experts in food and nutrition

• Expand workforce demand and capacity

• Incorporate research, professional development, technology and practice to foster innovation and discovery

• Collaborate with key stakeholders to solve the greatest food and nutrition challenges, now and in the future

• Focus on making a 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.eatrightFNCE.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 2021-2022
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: Kevin L. Sauer, PhD, RDN, LD, FAND
President-elect: Ellen Shanley, MBA, RDN, CDN, FAND
Speaker of the House: Tammy Randall, MS, RDN, LD, CDE, FAND
Chief Executive Officer: Patricia M. Babjak, MLIS

Membership
Approximately 72% of the Academy’s members are registered dietitian nutritionists and 2% are nutrition and dietetics technicians, registered. Other members include allied health professionals, educators, researchers and students. More than half of all Academy members hold advanced academic degrees. Academy members represent a wide range of practice areas and interests including public health, nutrition 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 International Affiliate of the Academy of Nutrition and Dietetics, 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 approximately 600 undergraduate and graduate coordinated, 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 2021 Food & Nutrition Conference & Expo™ will be held October 16 to 19 as a virtual event. 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 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 eatrightFNCE.org/media.

Future FNCE® Dates
October 16–19, 2021: Virtual event
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 9, 2022.

Food & Nutrition Magazine®
Informing and inspiring its readers, the online **Food & Nutrition Magazine®** ([www.FoodandNutrition.org](http://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.

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 food insecurity, a healthful pregnancy, medical nutrition therapy, nutrition and athletic performance, vegetarian nutrition and weight management. Position Papers are derived from the latest available research and facts. Academy Position Papers are available for download at [www.eatrightPRO.org/positions](http://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](http://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](http://www.eatrightFoundation.org)) was established in 1966 as a 501(c)(3) public charity. Its mission is to fund the future of nutrition and 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 Initiative
The Academy of Nutrition and Dietetics Foundation’s Kids Eat Right initiative aims to provide resources promoting quality nutrition for children to food and nutrition professionals. For more information, visit [www.eatright.org/for-kids](http://www.eatright.org/for-kids) and [www.eatrightFoundation.org/why-it-matters/public-education/kids-eat-right](http://www.eatrightFoundation.org/why-it-matters/public-education/kids-eat-right).

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. Information available includes infographics, re-printable articles, social media resources and handouts at [www.eatrightpro.org/media/multimedia-news-center/kids-eat-right-month-media-materials](http://www.eatrightpro.org/media/multimedia-news-center/kids-eat-right-month-media-materials).
Top Reasons to Consult an RDN

Between what you hear on TV and read in the news, eating well can seem like a real challenge. But it doesn’t have to be.

A registered dietitian, or RD, or registered dietitian nutritionist, or RDN, will partner with you to develop a safe and realistic eating plan that you can stick with for the long haul. To guide and motivate you, an RD or RDN will use creative and out-of-the-box strategies to help with meal planning, grocery shopping and mindful eating.

Anyone can call themselves a nutritionist. But only an RD or RDN has completed multiple layers of education and training established by the Accreditation Council for Education in Nutrition and Dietetics. All RDs or RDNs must:

- Get a four-year degree which includes a specially designed, accredited nutrition curriculum
- Complete an extensive supervised program of practice at a health care facility, foodservice organization or community agency
- Pass a rigorous registration exam
- Maintain continuing education credits throughout their career.

What’s more, roughly half of all RDs and RDNs hold graduate degrees, and many have certifications in specialized fields, such as sports, pediatric, renal, oncology or gerontological nutrition. The public can locate an RDN in any part of the country by visiting Find a Nutrition Expert at www.eatright.org/find-an-expert.

Consumers’ 10 Common Reasons to Consult with an RDN

**You Want Help Managing Diabetes, High Blood Pressure or Other Chronic Diseases**

An RDN can help you understand your condition and how the foods you choose might affect it. Plus, a registered dietitian nutritionist works with you to create an eating plan that has the nutrients needed to manage your condition.

**You Are Thinking of Having or Have Had Gastric Bypass Surgery**

Since your stomach can only manage small servings after surgery, it’s tricky to get the nutrients that your body needs.

As a part of your health care team, an RDN helps you make changes to your eating plan without settling for less taste.

**You Have Digestive Problems**

Working closely with you and your doctor, a registered dietitian nutritionist helps fine-tune your diet. Guidance can help you make choices that do not aggravate your condition. For example, limiting fried foods, or caffeinated and carbonated drinks.

**You’re Pregnant, Trying to Get Pregnant or a New Mom**

Meet with an RDN to make sure you get the nutrients you need for a healthy pregnancy. And, after the baby comes, a registered dietitian nutritionist can help make sure you’re getting the nutrients you need for you and your little one.

**You Have Celiac Disease**

Unsure what you can eat because of celiac disease, food allergies, lactose intolerance, or another condition? It’s easy to be overwhelmed by what you think you can’t eat. And that can lead to a boring diet that doesn’t give your body the nutrition it needs. An RDN can teach you strategies about identifying foods to avoid and help you find substitutions to keep your diet balanced and tasty.

**You or Your Child Is Experiencing Disordered Eating**

As part of the treatment team, RDNs counsel individuals with eating disorders such as anorexia and bulimia.

**You’re Caring for an Aging Parent**

An RDN can help with food or drug interactions, proper hydration, special diets for hypertension and changing taste buds as you age.

**You Want Practical Lifestyle Advice**

Need help sorting through the facts and fiction of nutrition headlines? Learn how to read labels at the supermarket, discover how healthy cooking can be inexpensive, learn how to dine out healthfully and how to manage temptations. When you see an RD or RDN, the last thing you’ll get is one-size-fits-all diet advice. After learning about your health history, favorite foods, eating and exercise habits, an RD or RDN will help you set goals and prioritize. Follow-up visits will focus on maintenance and monitoring your progress.

**You Want to Improve Your Performance in Sports**

A RDN can help you set goals to achieve results — whether you’re running a marathon, skiing or jogging with your dog.

**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.
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.

• Credentialed nutrition and dietetics practitioners use the best available science to develop personalized healthful eating recommendations for all people at every stage of life.

• Among many valuable health services, an RDN can help you manage chronic diseases; set realistic goals for yourself and your family; and achieve your optimal athletic performance.

• There is no one-size-fits-all approach to healthful eating. Good nutrition is a lifelong process. The foundation of a healthful lifestyle is a pattern of eating nutrient-rich foods in appropriate portion sizes, combined with regular physical activity.

• People are not all alike, and one size does not fit all when it comes to planning and achieving a healthful eating style. What may be the best approach for one person may not be the answer for another.

• A registered dietitian nutritionist is the expert source for customizing an eating plan based on a person’s health status, culture and personal preferences.

• 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 healthful 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 that are not peer reviewed.
10. Recommendations from studies that ignore differences among individuals or groups.
Commonly Used Nutrition and Dietetics Abbreviations and Credentials

<table>
<thead>
<tr>
<th>Abbreviation</th>
<th>Description</th>
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<tbody>
<tr>
<td>ACSM-CEP</td>
<td>American College of Sports Medicine Certified Clinical Exercise Physiologist</td>
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<tr>
<td>ACSM-CPT</td>
<td>American College of Sports Medicine Certified Personal Trainer</td>
</tr>
<tr>
<td>ACSM-EP</td>
<td>American College of Sports Medicine Certified Exercise Physiologist</td>
</tr>
<tr>
<td>BC-ADM</td>
<td>Board Certified-Advanced Diabetes Management</td>
</tr>
<tr>
<td>CDCES</td>
<td>Certified Diabetes Care and Education Specialist</td>
</tr>
<tr>
<td>CDN</td>
<td>Certified Dietitian/Nutritionist (state credential)</td>
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<tr>
<td>CFCS</td>
<td>Certified in Family and Consumer Sciences</td>
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<tr>
<td>CFS</td>
<td>Certified Food Scientist</td>
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<tr>
<td>CFSP</td>
<td>Certified Food Service Professional (DTR only)</td>
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<tr>
<td>CHC</td>
<td>Certified Health Coach</td>
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<tr>
<td>CHES</td>
<td>Certified Health Education Specialist</td>
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<tr>
<td>CLS</td>
<td>Clinical Lipid Specialist</td>
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<tr>
<td>CLT</td>
<td>Certified LEAP Therapist</td>
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<tr>
<td>CNSC</td>
<td>Certified Nutrition Support Clinician</td>
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<tr>
<td>CPHQ</td>
<td>Certified Professional in Healthcare Quality</td>
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<tr>
<td>CSCS</td>
<td>Certified Strength and Conditioning Specialist</td>
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<tr>
<td>CSG</td>
<td>Board Certified Specialist in Gerontological Nutrition</td>
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<tr>
<td>CSO</td>
<td>Board Certified Specialist in Oncology Nutrition</td>
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<tr>
<td>CSOWM</td>
<td>Board Certified Specialist in Obesity and Weight Management</td>
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<tr>
<td>CSP</td>
<td>Board Certified Specialist in Pediatric Nutrition</td>
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<tr>
<td>CSPCC</td>
<td>Board Certified Specialist in Pediatric Critical Care Nutrition</td>
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<td>CSR</td>
<td>Board Certified Specialist in Renal Nutrition</td>
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<tr>
<td>CSSD</td>
<td>Board Certified Specialist in Sports Dietetics</td>
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<tr>
<td>DrPH</td>
<td>Doctor of Public Health</td>
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<tr>
<td>DTR</td>
<td>Dietetics Technician, Registered (national credential)</td>
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<tr>
<td>EdD</td>
<td>Doctor of Education</td>
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<tr>
<td>EdS</td>
<td>Education Specialist</td>
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<tr>
<td>FAND</td>
<td>Fellow of the Academy of Nutrition and Dietetics</td>
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<tr>
<td>HHC</td>
<td>Holistic Health Counselor</td>
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<tr>
<td>IBCLC</td>
<td>International Board-Certified Lactation Consultant</td>
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<tr>
<td>LD</td>
<td>Licensed Dietitian (state credential)</td>
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<tr>
<td>LDN</td>
<td>Licensed Dietitian/Nutritionist (state credential)</td>
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<tr>
<td>LMHC</td>
<td>Licensed Mental Health Counselor</td>
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<td>MA</td>
<td>Master of Arts</td>
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<td>MD</td>
<td>Doctor of Medicine</td>
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<tr>
<td>MEd</td>
<td>Master of Education</td>
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<td>MHS</td>
<td>Master of Health Sciences</td>
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<td>MPH</td>
<td>Master of Public Health</td>
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<tr>
<td>MS</td>
<td>Master of Science</td>
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<tr>
<td>NASM-CPT</td>
<td>National Academy of Sports Medicine Certified Personal Trainer</td>
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<td>NCC</td>
<td>National Certified Counselor</td>
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<tr>
<td>NCSF-CPT</td>
<td>National Council on Strength and Fitness Certified Personal Trainer</td>
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<tr>
<td>NDTR</td>
<td>Nutrition and Dietetics Technician, Registered (optional credential for dietetics technicians, registered)</td>
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<tr>
<td>NESTA-PFT</td>
<td>National Exercise and Sports Trainers Association Certified Fitness Trainer</td>
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<tr>
<td>NSCA-CPT</td>
<td>National Strength and Conditioning Association Certified Personal Trainer</td>
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<td>PhD</td>
<td>Doctor of Philosophy</td>
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<td>RD</td>
<td>Registered Dietitian (national credential)</td>
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<tr>
<td>RD-AP</td>
<td>Registered Dietitian-Advanced Practitioner</td>
</tr>
<tr>
<td>RDN</td>
<td>Registered Dietitian Nutritionist (optional credential)</td>
</tr>
<tr>
<td>RDN-AP</td>
<td>Registered Dietitian Nutritionist-Advanced Practitioner</td>
</tr>
<tr>
<td>SNS</td>
<td>School Nutrition Specialist</td>
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</tbody>
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Credentials with No Abbreviations

- ACE Certified Medical Exercise Specialist
- ACE Certified Group Fitness Instructor
- ACE Certified Health Coach
- ACE Certified Personal Trainer
Consumer Publications from the Academy

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.

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

*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.

*Six Factors to Fit: Weight Loss That Works for You!*
This habits-based program uses personalized nutritional nudges and lifestyle habit tweaks instead of generic advice to help readers lose weight in a healthy way.

*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](http://www.eatrightSTORE.org). *Media can request review copies by calling 800/877-1600, ext. 4769.*
Rahaf Al Bochi
RDN, LDN

**Areas of Expertise:**
- Diabetes
- Disease Prevention
- Maternal and Prenatal Nutrition
- Mindful/Intuitive Eating
- Women's Nutrition

Al Bochi is the owner of a nutrition consulting practice where she provides holistic counseling with a focus on diabetes and women’s prenatal health. She practices through an intuitive eating approach and specializes in the Mediterranean eating pattern. Al Bochi received the 2020 Georgia Academy of Nutrition and Dietetics Outstanding Service to the Media Award. She serves on the board of the Academy’s Nutrition Entrepreneurs dietetic practice group. Al Bochi is a graduate of Ryerson University.

Sonya Angelone
MS, RDN, CLT

**Areas of Expertise:**
- Cardiovascular Nutrition
- Disease Prevention
- Inflammatory Conditions
- Integrative and Functional Nutrition
- Nutrigenomics

Angelone is the owner of a nutrition consulting firm that provides individual consultations, group programs and corporate workshops. She is a certified genomic medicine practitioner, a lifestyle eating and performance therapist and certified lifestyle counselor. Angelone’s 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 bachelor’s and master’s degrees from California State University – San Jose and is pursuing a doctorate from Saybrook University.
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 owner of a nutrition consulting practice specializing in nutrition for sports performance and wellness. In addition, she works with patients with eating disorders at the University of California - Los Angeles Hospital in Santa Monica. Ansari is a certified specialist in sports dietetics and is a member of the Academy’s Sports and Human Performance Nutrition and Cardiovascular Health and Well-being dietetic practice groups. She collaborates with the Athletes and the Arts initiative to help create educational content for performing arts athletes and co-hosts the Athlete’s and the Arts podcast. Ansari is a graduate of the University of California – Los Angeles and earned a master’s degree from California State University – Northridge.

Sandra J. Arévalo  
MPH, RDN, CDN, CLC, CDCES, FAND  

Areas of Expertise:  
• Behavior and Lifestyle Modification  
• Breastfeeding  
• Cultural Foods/Cultural Competency  
• Diabetes  
• Food Insecurity  

Arévalo is the director of community and patient education at Montefiore Nyack Hospital. A native Spanish speaker, she is an expert on Latino culture and health. Arévalo is a certified diabetes educator and provides nutrition counseling and education for lactating mothers as well as clients with chronic diseases including obesity. Arévalo has held leadership roles in professional organizations and has received numerous awards for her work, including Mom On A Mission in 2017. Arévalo is a graduate of the Universidad Nacional de Colombia and earned a master’s degree from City University of New York – Hunter College.
Jennifer Bruning
MS, RDN, LDN

Areas of Expertise:
• Corporate Wellness/Worksite Nutrition
• Elderly Nutrition/Gerontology
• Gardening and Food Preservation
• Global Foods/Meal Preparation
• Recipe Development and Makeovers

Bruning is the director of Nutrition & Brand Innovation at Incite Strategic Partners, a senior living group purchasing organization. Her previous roles have included nutrition strategist at the corporate restaurant management and catering company Guckenheimer; 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.

Grace A. Derocha
MBA, RD, CDCES

Areas of Expertise:
• Cardiovascular Nutrition
• Diabetes
• Health Coaching
• Weight Management
• Wellness Nutrition

Derocha is a senior health care analyst, program manager and lead digital strategist for a health insurance company in Michigan, creating communication materials for members and staff. Derocha previously was a certified diabetes educator at St. John Children’s Center in Detroit and the Detroit Area Agency on Aging. Derocha also has a private practice where she provides nutrition counseling and health coaching. Derocha is a fitness instructor and former dancer. She earned bachelor’s degrees in dietetics and psychology from Michigan State University and a master’s degree from Wayne State University.
Roxana Ehsani  
MS, RD, CSSD, LDN

Areas of Expertise:
• Cardiovascular Nutrition
• Eating Disorders/Nutritional Psychotherapy
• Healthful Shopping
• Recipe Development and Makeovers
• Sports Nutrition and Fitness

Ehsani owns a private nutrition consulting practice, with experience in retail food nutrition, and is a board-certified specialist in sports dietetics. Ehsani is a member of the Academy’s Cardiovascular Health and Well-being, Dietetics in Business and Communications, Food and Culinary Professionals and Sports and Human Performance Nutrition dietetic practice groups. Fluent in German and intermediate in Spanish, Ehsani is a graduate of Virginia Tech University and earned a master’s degree from the University of Pittsburgh.

Su-Nui Escobar  
DCN, RDN, FAND

Areas of Expertise:
• Behavior and Lifestyle Modification
• Medical Nutrition Therapy
• Mindful/Intuitive Eating in Children
• Recipe Development and Makeovers
• Spanish Speaker

A native Spanish speaker, Escobar develops healthful recipes with authentic Latino flavors. Escobar maintains a private practice; teaches at Nova Southeastern University-Dr. Kiran C. Patel College of Osteopathic Medicine; and is a dietetic internship director at Larkin Community Hospital. Escobar is a member of the Academy’s Food and Culinary Professionals, Cardiovascular Health and Well-being and Sports and Human Performance Nutrition dietetic practice groups. She is a former president of the South Florida Academy of Nutrition and Dietetics and received its Greater South Florida Dietitian award. Escobar is a graduate of the University of Wisconsin – Stout and earned a master’s degree from Florida International University and a doctorate from the University of North Florida.
Linda T. Farr  
RDN, CSOWM, LD, FAND; Past President

Areas of Expertise:
• Eating Disorders
• Gastrointestinal Nutrition
• Legislation and Policy Issues
• Medical Nutrition Therapy
• Obesity and Weight Management

Farr is the owner of Nutrition Associates of San Antonio, doing business as Nutritious Table. She is a board-certified specialist in obesity and weight management and provides personalized medical nutrition therapy to teens and adults and serves as a source for media interviews and participates in public speaking engagements. A former clinical dietitian and hospital foodservice director, Farr has more than 40 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 served 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 is a past president of the Academy’s Texas, San Antonio and Dallas affiliates. 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.

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

Farrell 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. She is a member of U.S. Rep. Robert Wittman’s (Va.) Health Advisory Council. She is a member of the Academy’s Cardiovascular Health and Well-being, Dietitians in Integrative and Functional Medicine, Food and Culinary Professionals and Sports and Human Performance Nutrition dietetic practice groups. Farrell Allen is a graduate of 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 Alternative Nutrition
• Supplements and Vitamins

Foroutan is an advanced-level specialist in integrative and functional nutrition specializing in natural approaches to digestive health. She owns a virtual private practice where she works to identify and address root causes for chronic symptoms and conditions. Foroutan uses a food-as-medicine approach including dietary supplements, herbs, botanicals and other natural approaches. Foroutan is a graduate of New York University and earned a master’s degree from Columbia University.

Jerlyn Jones
MS, MPA, RDN, LD, CLT

Areas of Expertise:
• Arthritis/Inflammation
• Diabetes
• Disease Prevention
• Food Allergies
• Gastrointestinal Nutrition

Jones is the owner of a nutrition consulting practice that focuses on food allergies, diabetes, disease prevention and functional foods. Jones frequently speaks to professional and public audiences on how nutrition and food choices influence health. She is a member of the Academy’s Dietitians in Integrative Functional Medicine dietetic practice group. Jones earned a bachelor’s and master’s degree from Arizona State University and a master’s degree from Columbia University Teachers College.
Amy Kimberlain  
RDN, LDN, CDCES

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

Kimberlain is a certified diabetes care and education specialist at Baptist Health South Florida. She has more than 20 years of experience and is a member of the Academy’s Nutrition Entrepreneurs dietetic practice group. Kimberlain has contributed her expertise to public health initiatives including childhood obesity, diabetes and family health. She is an avid runner and registered yoga teacher. Kimberlain earned bachelor’s degrees in nutrition and Spanish from Florida State University.

Whitney Linsenmeyer  
PhD, RD, LD

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

Linsenmeyer is an assistant professor and director of the undergraduate nutrition program at Saint Louis University, where she teaches advanced nutrition, foundations and innovation in dietetics practice. Her research and clinical practice center on nutrition care for the transgender population which includes exploring the role of food and nutrition, the role of RDNs in nutrition care and relationships between disordered eating, food insecurity and body weight. Linsenmeyer is a member of the Academy’s Research and Nutrition and Dietetic Educators and Preceptors dietetic practice groups. She is a graduate of Saint Louis University where she earned a master’s degree in nutrition and culinary entrepreneurship 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 at Emory University Hospital Midtown and focuses on the care of bariatric surgery patients. She is the nominating chair-elect of the Academy’s Weight Management dietetic practice group and speaks at national conferences on obesity and bariatric surgery. Majumdar is co-editor of the Academy of Nutrition and Dietetics Pocket Guide to Bariatric Surgery (3rd rd.) and a certified specialist in obesity and weight management. A former college athlete, Majumdar has experience as a personal trainer and helping athletes maximize their performance. A graduate of University of Illinois at Urbana-Champaign, she earned a master’s degree from Northeastern University.

Isabel Maples
MEd, RDN

Areas of Expertise:
• Bariatrics/Weight Loss Surgery
• Calcium
• Culinary/Food Preparation
• Dietary Guidelines for Americans
• Food Safety

Maples specializes in educating patients through the weight loss surgery process. She is certified in adult weight management, child and adolescent weight management, and counseling for heart health. Maples is a member of the Weight Management and Food & Culinary Professionals dietetic practice groups, and guides chefs in developing healthier menus. Maples is a graduate of the University of North Carolina – Chapel Hill and earned a master’s degree in sports nutrition from the University of North Carolina – Greensboro.
Wesley McWhorter  
DrPH, MS, RD, LD, CSCS  

Areas of Expertise:  
• Behavior and Lifestyle Modification  
• Culinary/Chef  
• Fad Diets  
• Food Insecurity  
• Nutrition Education for Physicians

McWhorter is an assistant professor in health promotion and behavioral sciences and the director of culinary nutrition for the Nourish Program at the Michael and Susan Dell Center for Healthy Living at The University of Texas Health Science Center at Houston School of Public Health. A professional chef, McWhorter focuses on interprofessional nutrition education through hands-on culinary medicine courses. His research interests include closing the divide between culinary literacy and nutrition education and policy. McWhorter is a member of a number of the Academy’s dietary practice groups including Cardiovascular Health and Well-being, Food and Culinary Professionals, Research and Sports and Human Performance Nutrition. He also is a certified strength and conditioning specialist with experience in fitness and corporate wellness. McWhorter graduated from Kansas State University, earned a master’s degree from the University of Texas Medical Branch and a doctorate in health promotion and behavioral science from UTHealth.

Libby Mills  
MS, RDN, LDN, FAND  

Areas of Expertise:  
• Food Preparation and Meal Planning  
• Food Safety  
• Healthful Shopping  
• Obesity and Weight Management  
• Online Cooking Class Instruction

Mills is a culinary nutritionist for Villanova University’s MacDonald Center for Obesity Prevention and Education and teaches nutrition at Neumann University. She is a member of the Academy’s Food and Culinary Professionals dietetic practice group. 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 also 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 healthy cultural practices, Msora-Kasago specializes in the prevention and treatment of chronic disease, family wellness and nutrition education. She is a member of the National Organization of Blacks in Dietetics and Nutrition as well as the Academy’s Global member interest group and Indians in Nutrition and Dietetics member interest group. Msora-Kasago is a professional speaker and a frequent contributor to health publications. She 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:  
• Children’s Nutrition  
• Eating on a Budget  
• Food Labels/Label Reading  
• Healthful Shopping  
• Nutrition Information for Consumers  

Passerrello is a full-time faculty member in the graduate dietitian nutritionist program at the University of Pittsburgh and owner of a nutrition consulting practice that specializes in science-based solutions for companies and individuals. Passerrello’s teaching focuses on education, public health and personal and professional development. Passerrello has a specialty certificate in adult weight management and completed a certification from the Academy in integrative and functional nutrition. She earned undergraduate and master’s degrees from the University of Pittsburgh where she is pursuing a doctorate in education.
Debbie Petitpain  
MS, RDN, LDN

**Areas of Expertise:**
- Cultural Foods/Cultural Competency
- Disease Prevention
- Fad Diets
- Food Insecurity
- Vegetarian/Vegan Nutrition

Petitpain is the chief operating officer for Synergy Health Tech, using metrics and data to advance health equity. In her previous position 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 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 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 a former president of the Washington State Academy of Nutrition and Dietetics and 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. He is a member of the Academy’s Food and Culinary Professionals dietetic practice group. Planells earned a certificate in adult weight management. He is a graduate of Tulane University and earned a master’s degree from Columbia University.
Melissa Ann Prest
DCN, MS, RDN, CSR, LDN

Areas of Expertise:
• Arthritis/Inflammation Nutrition
• Cardiovascular Nutrition
• Diabetes
• High Blood Pressure/Hypertension
• Renal Nutrition and Dialysis

Prest works at the National Kidney Foundation of Illinois where she provides medical nutritional therapy for clients with kidney disease and other chronic diseases. A board-certified specialist in renal nutrition, Prest owns a private practice and is a member of the Academy’s Renal Dietitians dietetic practice group. She has conducted research on topics including physical assessment skills for RDNs and mobile technology for health professionals. Prest has served in leadership roles with the Chicago and Illinois Academy of Nutrition and Dietetics, the National Kidney Foundation and the Illinois Council on Renal Nutrition. She graduated from Bradley University, earned a master’s degree from the University of Medicine and Dentistry of New Jersey and a doctorate from Rutgers University.

Amy Reed
MS, RD, CSP, LD

Areas of Expertise:
• Adolescent Nutrition
• Autism/Developmental Disorders
• Family Nutrition
• Infant Nutrition
• Malnutrition

Reed is a pediatric dietitian at Cincinnati Children’s Hospital Medical Center. For more than 20 years, Reed has treated infants, children and teens with selective eating issues as well as those with complex medical problems that require tube feeding. Reed has held several leadership positions in the Academy’s Pediatric Nutrition dietetic practice group and is a credentialed specialist in pediatric nutrition. Reed is a graduate of Miami University and earned a master’s degree from the University of Cincinnati.
Alicia Romano  
MS, RD, LDN, CNSC

**Areas of Expertise:**
- Celiac Disease
- Gastrointestinal Nutrition
- Nutrition Support
- Oncology
- Sports Nutrition and Fitness

Romano is a specialized clinical dietitian at Tufts Medical Center and a board-certified nutrition support clinician. Romano helps manage nutritional needs of patients with irritable bowel syndrome, short bowel syndrome, small intestinal bacterial overgrowth, inflammatory bowel disease and food allergies. She provides medical nutrition therapy and nutrition support to high-risk surgery and oncology patients. Romano works as a consulting writer and author; her work has been published in several cookbooks and medical newsletters. She owns a private practice where she counsels patients on weight management, sports nutrition and healthy cooking and she is the dietitian for a Boston-based bridal wellness program. Romano is a graduate of James Madison University and earned a master’s degree from Tufts University.

Kevin L. Sauer  
PhD, RDN, LD, FAND; **Academy President**

**Areas of Expertise:**
- Children’s Nutrition
- Food Safety
- Food Services
- Health Education
- School Meals

Sauer is a professor in the department of food, nutrition, dietetics and health at Kansas State University and co-director of the national Center for Food Safety Research in Child Nutrition Programs. He specializes in administrative dietetics and has previous experience in health care food and nutrition services, school nutrition, and university dining. Sauer is an accomplished educator and researcher who has been honored locally and nationally for his work including the Kansas State University’s Mary Ruth Bedford Distinguished Faculty Award K-State Presidential Award for Excellence in Teaching, the Kansas Academy of Nutrition and Dietetics’ 2015 Distinguished Dietitian of the Year Award, the 2019 Mentoring Award and the Outstanding Educator Award.

Serving as the Academy’s President in 2021-2022, Sauer’s extensive service to the Academy includes being a former chair of the Commission on Dietetic Registration and the CDR’s Examination Panel as well as the chair of the 2020 CDR RDN/NDTR Entry-Level Practice Audit. He was a director at-large on the Academy’s Board of Directors in 2017-2020, and served on the Council on Future Practice; House of Delegates Evolution Design Team; Council on Research; Nutrition and Dietetics Educators and Preceptors Council; Research Priorities and Development Task Force; Code of Ethics Revision Task Force and the Academy Foundation’s Healthy and Sustainable Food Systems collaborative. Sauer earned undergraduate, master’s and doctoral degrees from Kansas State University.
Ellen R. Shanley  
MBA, RD, CDN, FAND; President-elect

Areas of Expertise:
- Dietetics Profession
- Food Preparation and Meal Planning
- Mindful/Intuitive Eating
- Nutrition and Dietetics Profession
- Recipe Development and Makeovers

Shanley is the dietetics director in the department of allied health sciences at the University of Connecticut’s College of Agriculture, Health and Natural Resources. The department has both a Coordinated Program and Dietetic Internship. Shanley will serve as the president of the Academy of Nutrition and Dietetics in 2022-2023. Shanley received the Academy’s 2012 Medallion Award for outstanding service to the organization and profession and the Academy Foundation’s 2005 Award for Excellence in Dietetic Education. Her extensive involvement in the Academy includes serving as speaker of the House of Delegates; member of the Ethics Task Force Committee, National Appeals Committee, Alternative Supervised Pathways Workgroup and Futures Summit Planning Committee; and chair of the Professional Development and Education Committee, Nominating Committee, Education Committee and Member Value Committee. Shanley also served as a House of Delegates Finance Committee member and table facilitator, state delegate and chair of many committees of the Connecticut Dietetic Association and was named CDA’s 2005 Outstanding Dietitian. Shanley is a graduate of Syracuse University and earned a master’s degree in business administration from Babson College.

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 author 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. Smith is an active member of the Academy’s Weight Management 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, CDCES, 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 writer for Relias, where she provides continuing education opportunities for health care professionals. She is a certified diabetes care and education specialist and a certified specialist in sports dietetics. Stefanski owns a private practice focused on writing and social media, children with special needs and athletes. Stefanski is a member of a number of the Academy’s dietetic practice groups including Clinical Nutrition Management, Nutrition Educators of Health Professionals, Pediatric Nutrition and Sports and Human Performance Nutrition. She is a manager and co-creator of the EatrightPA blog for the Pennsylvania Academy of Nutrition and Dietetics. Stefanski is a graduate of Messiah College and earned a master’s degree in adult and distance education from Penn State University.

Caroline Susie
RDN, LD

Areas of Expertise:
- Disease Prevention
- Employee Wellness
- Fad Diets
- Weight Management
- Wellness Nutrition

Susie is a principal at Mercer, a global health consulting firm, and a member of the company’s Total Health Management Team where she leads the Nutrition and Weight Management Vertical. Additionally, she manages a private practice in Dallas. Susie focuses on women’s health and weight management as well as the prevention of chronic diseases. Prior to Mercer, Susie worked as a clinical dietitian serving people with Type 2 diabetes and those seeking support before and after bariatric surgery. Susie has more than a decade of experience in corporate wellness. Susie was honored with the Texas Academy of Nutrition and Dietetics Media Award in 2019, and she is a former president of the Oklahoma City District Dietetic Association. She is a graduate of the University of Oklahoma, Health Sciences Center.
Colleen Tewksbury
PhD, MPH, RD, CSOWM, LDN

Areas of Expertise:
• Adult Obesity Management
• Bariatric/Weight Loss Surgery
• Behavior and Lifestyle Modification
• Epidemiology (Research Review and Analysis)
• Public Health

Tewksbury is a senior research investigator at the Perelman School of Medicine at the University of Pennsylvania and the bariatric program manager at the university’s health system. Tewksbury is the immediate past president of the Pennsylvania Academy of Nutrition and Dietetics and a former president of the Philadelphia Academy. She is a facilitator for the Commission on Dietetic Registration’s certificate of training in obesity interventions for adults and a subject matter expert for its certified specialist in obesity and weight management board examination. Tewksbury is a member of the Academy’s Nutrition Educators of Health Professionals, Research and Weight Management dietetic practice groups. She graduated from La Salle University, earned a master’s degree in public health from West Chester University of Pennsylvania and a doctorate from Temple University.

Lauri Wright
PhD, RDN, LD, FADA

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, director of the Center for Nutrition and Food Security and co-director of 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 HIV/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 2021-2022 Past Speaker of the Academy’s House of Delegates and a member of the Academy’s Political Action Committee. She graduated from The Ohio State University, 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.

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Creative Editorial Calendar

June 2021 to May 2022

**June**
Alzheimer’s & Brain Awareness Month  
*Brain health and fish*  
Father’s Day (June 20, 2021)  
*Healthful meals for kids to prepare for dad*  
Juneteenth (June 19, 2021)  
Men’s Health Month  
Men’s Health Week (June 14-20, 2021)  
National Cancer Survivors Day (June 6, 2021)  
National Dairy Month  
National Papaya Month  
National Soul Food Month  
Pride Month

**July**
*Hydration*
Independence Day  
National Culinary Arts Month  
National Grilling Month  
National Parks and Recreation Month  
National Picnic Month  
National Youth Sports Week (July 20-26, 2021)

**August**
Back to school  
Children’s Eye Health and Safety Month  
*College cooking on a budget*  
**Kids Eat Right Month™**  
*Manage a diet on dorm food*  
National Breastfeeding Month  
National Farmers Market Week (August 1-7, 2021)  
National Sandwich Month  
National Youth Sports Week (August 1-7, 2021)

**September**
Childhood Cancer Awareness Month  
Family Health and Fitness Day USA (September 26, 2021)  
Healthy Aging Month  
Hispanic Heritage Month (September 15 - October 15, 2021)  
Labor Day (September 6, 2021)  
National Celiac Disease Awareness Day (September 13, 2021)  
National Childhood Obesity Awareness Month  
National Cholesterol Education Month  
National Food Safety Education Month  
National Prostate Cancer Awareness Month  
National Women’s Health and Fitness Day  
(September 29, 2021)  
Ovarian Cancer Awareness Month  
Spotlight on Malnutrition Month  
Whole Grains Month  
World Alzheimer’s Month  
World Heart Day (September 29, 2021)

**October**
**Academy’s Food & Nutrition Conference & Expo™**  
(October 16-19, 2021)  
Bone and Joint Health National Awareness Week  
(October 12-20, 2021)  
Child Health Day (October 4, 2021)  
Children’s Health Month  
Health Literacy Month  
*Healthful Halloween treats for kids*  
Hispanic Heritage Month (September 15-October 15, 2021)  
Mental Illness Awareness Week (October 3-9, 2021)  
National Apple Month  
National Breast Cancer Awareness Month  
National Bullying Prevention Month  
National Dental Hygiene Month  
National Health Education Week (October 18-22, 2021)  
National Seafood Month  
Vegetarian Awareness Month  
World Food Day (October 16, 2021)

**November**
*Balance, variety and moderation*  
Diabetic Eye Disease Month  
*Effects of smoking on nutrition, weight gain*  
Gastroesophageal Reflux Disease (GERD) Awareness Week  
(October 21-27, 2021)  
Great American Smokeout (November 18, 2021)  
Hanukkah (November 28-December 6, 2021)  
Lung Cancer Awareness Month  
National Alzheimer’s Disease Awareness Month  
National Diabetes Month  
Native American Heritage Month  
Thanksgiving (November 25, 2021)  
*Turkey tips*  
World Breastfeeding Week (November 1-7, 2021)  
World Diabetes Day (November 14, 2021)  
World Vegan Day (November 1, 2021)

**December**
Christmas  
*Healthful snacks for the holidays*  
*Healthfully navigating holiday parties*
Hanukkah (November 28-December 6, 2021)
Kwanzaa (December 26, 2021-January 1, 2022)
National Handwashing Awareness Week
   (December 5-11, 2021)
National Pear Month
National Stress-Free Family Holiday Month
World AIDS Day (December 1, 2021)
World Food Service Safety Month

January 2022
Martin Luther King Jr. Day (January 17, 2022)
National Birth Defects Prevention Month
National Glaucoma Awareness Month
National Healthy Weight Awareness Month
National Slow Cooking Month
National Soup Month
New Year’s Day
Making healthy, effective resolutions
Thyroid Awareness Month

February
African Heritage and Health Week (February 1-7, 2022)
American Heart Month
Low Vision Awareness Month
National Black History Month
National Canned Food Month
National Children’s Dental Health Month
National Eating Disorders Awareness Week
   (February 21-26, 2022)
National Wear Red Day (February 4, 2022)
Super Bowl Sunday (February 13, 2022)
Healthful party snacks
Valentine’s Day

March
American Diabetes Alert Day (March 22, 2022)
Brain Awareness Week (March 14-20, 2022)
National Colorectal Cancer Awareness Month
National Frozen Food Month
National Kidney Month
National Nutrition Month®
National School Breakfast Week (March 7-11, 2022)
National Women’s History Month
Passover (April 15-22, 2022)
Registered Dietitian Nutritionist Day (March 9, 2022)
St. Patrick’s Day (March 17, 2022)
World Kidney Day (March 10, 2022)

April
Alcohol Awareness Month
April Fools’ Day (April 1, 2022)
Earth Day (April 22, 2022)
Easter (April 17, 2022)
Emotional Overeating Awareness Month
Every Kid Healthy Week (April 25-29, 2022)
Irritable Bowel Syndrome Awareness Month
Move More Month
National Autism Awareness Month
National Cancer Control Month
National Infertility Awareness Week (April 24-30, 2022)
National Minority Health Month
National Public Health Week (April 4-10, 2022)
Ramadan (April 2-May 2, 2022)
Healthful Ramadan meal ideas
Stress Awareness Month
World Health Day (April 7, 2022)

May
Arthritis Awareness Month
Asian American and Pacific Islander Heritage Month
Celiac Awareness Month
Cinco de Mayo (May 5, 2022)
Food Allergy Awareness Month
Food Allergy Awareness Week (May 8-14, 2022)
Global Employee Health and Fitness Month
Healthy Vision Month
Mother’s Day (May 8, 2022)
National Asthma and Allergy Awareness Month
National Barbecue Month
National High Blood Pressure Education Month
National Mediterranean Diet Month
National Mental Health Awareness Month
National Osteoporosis Month
National Physical Fitness and Sports Month
National Salad Month
National Senior Health and Fitness Day (May 25, 2022)
National Stroke Awareness Month
National Women’s Health Week (May 8-14, 2022)
Older Americans Month
World Hand Hygiene Day (May 5, 2021)
Registered dietitian nutritionists are the media’s best source of expert commentary and sound bites.

Having some meal structure is important. However, that needs to be combined with listening to your body’s hunger cues. Hunger cues can be different for each person and can include lower energy levels, headaches, stomach growling, moodiness or the stomach feeling empty.

Rahaf Al Bochi, RDN, LDN
HuffPost

Omega-3 fatty acids may reduce inflammation throughout the body, therefore lowering the risk for cardiovascular disease in [people at] high risk.

Jerlyn Jones, MS, MPA, RDN, LD, CLT
Healthline

Ninety percent of us are not eating enough vegetables on a given day. Focus on adding a vegetable to your plate or a broth-based soup with vegetables for that matter.

Wesley McWhorter, DrPH, MS, RD, LD, CSCS
Parade

If we don’t get enough protein, our bodies actually won’t be able to rebuild properly, and we’ll start to lose muscle mass.

Colleen Tewksbury, PhD, MPH, RD
Self
Representing more than 112,000 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.