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/UCMMYLn2mjyvto7GbrpYFL8Q
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
- 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 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 2020-2021 Spokespeople along with their top areas of expertise. Additional areas of expertise can be found in the index beginning on page 56.

*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.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 2020-2021
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: Linda T. Farr, RDN, CSOWM, LD, FAND
President-elect: Kevin L. Sauer, PhD, RDN, LD, FAND
Speaker of the House: Lauri Wright, PhD, RDN, LD
Chief Executive Officer: Patricia M. Babjak, MLIS

Membership
Approximately 72 percent of the Academy’s members are registered dietitian nutritionists and 2 percent 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 nearly 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 2020 Food & Nutrition Conference & Expo™ will be held October 17 to 20 in Indianapolis, Ind. 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 https://eatrightfnce.org/media.

Future FNCE® Dates
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 10, 2021.

Food & Nutrition Magazine®
Informing and inspiring its readers, the online 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.

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.

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 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 and 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.
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 guide and motivate clients, an RD or RDN will use creative and out-of-the-box strategies to help with meal planning, grocery shopping and mindful eating. The public can locate an RDN in any part of the country by visiting www.eatright.org/find-an-expert.

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

1. **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.

2. **You Are Thinking of Having or Have Had Gastric Bypass Surgery.** Since your stomach can only manage small servings after surgery, it is 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.

3. **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.

4. **You are 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 are getting the nutrients you need for you and your little one.

5. **Your Teenager Has Issues with Food and Eating Healthfully.** As part of the treatment team, RDNs counsel individuals with eating disorders such as anorexia and bulimia.

6. **You Need to Gain or Lose Weight.** Fad diets may sound like the quick ticket to weight gain or loss, but they rarely work for very long. An RDN can suggest calorie sources for healthy weight gain. Or, design a personalized weight loss plan, including diet changes and physical activity — while still eating all your favorite foods.

7. **You Are 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.

8. **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 without ruining your eating plan and how to resist workplace temptations. When you see an RD or RDN, the last thing you will 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.

9. **You Want to Improve Your Performance in Sports.** An RDN can help you set goals to achieve results — whether you are running a marathon, skiing or jogging with your dog.

10. **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 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. 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 not peer reviewed.

10. Recommendations from studies that ignore differences among individuals or groups.
Commonly Used Nutrition and Dietetics Abbreviations and Credentials

**ACSM-CEP:** American College of Sports Medicine Certified Clinical Exercise Physiologist

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

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

**BC-ADM:** Board Certified-Advanced Diabetes Management

**CDCES:** Certified Diabetes Care and Education Specialist

**CDN:** Certified Dietitian/Nutritionist (state credential)

**CFCS:** Certified in Family and Consumer Sciences

**CFS:** Certified Food Scientist

**CFSP:** Certified Food Service Professional (DTR only)

**CHC:** Certified Health Coach

**CHES:** Certified Health Education Specialist

**CLS:** Clinical Lipid Specialist

**CLT:** Certified LEAP Therapist

**CNSC:** Certified Nutrition Support Clinician

**CPHQ:** Certified Professional in Healthcare Quality

**CSCS:** Certified Strength and Conditioning Specialist

**CSG:** Board Certified Specialist in Gerontological Nutrition

**CSO:** Board Certified Specialist in Oncology Nutrition

**CSOWM:** Board Certified Specialist in Obesity and Weight Management

**CSP:** Board Certified Specialist in Pediatric Nutrition

**CSPCC:** Board Certified Specialist in Pediatric Critical Care Nutrition

**CSR:** Board Certified Specialist in Renal Nutrition

**CSSD:** Board Certified Specialist in Sports Dietetics

**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

**IBCLC:** International Board-Certified Lactation Consultant

**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

**NASM-CPT:** National Academy of Sports Medicine Certified Personal Trainer

**NCC:** National Certified Counselor

**NCSF-CPT:** National Council on Strength and Fitness Certified Personal Trainer

**NDTR:** Nutrition and Dietetics Technician, Registered (optional credential for dietetics technicians, registered)

**NESTA-PFT:** National Exercise and Sports Trainers Association Certified Fitness Trainer

**NSCA-CPT:** National Strength and Conditioning Association Certified Personal Trainer

**PhD:** Doctor of Philosophy

**RD:** Registered Dietitian (national credential)

**RD-AP:** Registered Dietitian-Advanced Practitioner

**RDN:** Registered Dietitian Nutritionist (optional credential)

**RDN-AP:** Registered Dietitian Nutritionist-Advanced Practitioner

**SNS:** School Nutrition Specialist

**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

**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.

**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 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 boards of the Academy’s Nutrition Entrepreneurs dietetic practice group and the Georgia Academy of Nutrition and Dietetics. Al Bochi is a graduate of Ryerson University.

Sonya Angelone  
MS, RDN, CLT

**Areas of Expertise:**
- Arthritis/Inflammation Nutrition
- Cardiovascular Nutrition
- Food Sensitivities
- Inflammatory Conditions Related to Food Sensitivities
- 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 assistant director of performance nutrition at the University of California – Berkeley Athletics and is a certified specialist in sports dietetics. In addition, she provides counseling to athletes through her private practice while consulting with coaches and sports teams at local high schools and universities. Through the Academy’s Sports, Cardiovascular and Wellness Nutrition dietetic practice group, Ansari collaborates with Athletes and the Arts program to help create educational content to meet the needs of performing arts athletes. 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
• Breast-Feeding
• 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 a national 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
• Cultural Foods/Cultural Competency
• Gardening and Food Preservation
• 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 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.

Roxana Ehsani
MS, RD, CSSD, LDN

Areas of Expertise:
• Cardiovascular Nutrition
• Gluten Intolerances
• 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. Fluent in German and Spanish, Ehsani is a graduate of Virginia Tech University and earned a master’s degree from the University of Pittsburgh.
Su-Nui Escobar
MS, RDN/LDN

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 and Dietitians in Business Communications dietetic practice groups. She was the 2019-2020 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, earned a master’s degree from Florida International University and will earn a doctorate from the University of North Florida in 2020.

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

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, 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. Farr has more than 35 years of experience in medical, surgical, mental health, physical rehabilitation and private practice settings. Farr is a past delegate and speaker of the Academy’s House of Delegates and a founding member of the Academy’s Weight Management dietetic practice group. She 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. 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. 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 uses the healing power of food, paired with supplements, botanicals and mind-body techniques, to help clients in both her virtual private practice and at The Morrison Center to heal from complex conditions. Foroutan frequently speaks to health professionals and consumer groups on the power of nutrition to improve health and healing. Foroutan is a graduate of New York University and earned a master’s degree from Columbia University.
Kristen Gradney
MHA, RDN, LDN

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

Gradney is the senior director of Children’s Health at Our Lady of the Lake Children’s Hospital and a public speaker on health and wellness. Gradney helps clients achieve long-term lifestyle changes to meet their goals and facilitates conversations on health equity to create systemic changes. She is the 2020-2021 president-elect of the Louisiana Academy of Nutrition and Dietetics. Gradney is a graduate of Louisiana State University and earned 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. She 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 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 health. She 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 20 years of experience in nutrition and dietetics. Kimberlain has contributed her expertise to 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.
**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  

**Areas of Expertise:**  
- Behavior and Lifestyle Modification  
- Children’s Nutrition  
- Eating Disorders  
- Family Nutrition  
- Gastrointestinal Nutrition  

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 specializes in pediatric nutrition and holds a certificate in child and adolescent weight management. She promotes eating flavorful, healthful foods that are quick and easy to prepare. Lemond is a former president of the Texas Academy of Nutrition and Dietetics. Lemond graduated from 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 an assistant professor and director of the undergraduate nutrition program 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 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 topics related to obesity and bariatric surgery. Majumdar is co-editor of the third edition of the Academy of Nutrition and Dietetics Pocket Guide to Bariatric Surgery and is a certified specialist in obesity and weight management. A former college athlete, Majumdar has experience as a personal trainer and helps athletes maximize their performance. She earned a master’s degree from Northeastern 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, and guides chefs in developing healthier menus. Through wellness events, Maples 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. She is a graduate of the University of North Carolina – Chapel Hill and earned a master's degree from the University of North Carolina – Greensboro.

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 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 also is a certified strength and conditioning specialist with experience in fitness and corporate wellness. He 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. 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 professional speaker and a frequent contributor to health publications. Msora-Kasago 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 for 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 nutrition education, public health nutrition 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. Passerrello 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:**
- African-American Nutrition
- Disease Prevention
- Food Insecurity
- Men’s Nutrition
- Vegetarian/Vegan Nutrition

Petitpain works part-time 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 also works as the director of research, development and innovation at Synergasia Health Technologies, Inc. She 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. 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. 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 Academy of Nutrition and Dietetics, the 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.
Terri J. Raymond  
MA, RDN, CD, FAND  
Academy Immediate Past-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. Raymond served as the Academy’s 2019-2020 president. Her service to the Academy includes being a member of the Finance Committee; chair of the Professional Development Committee; member of the Competency Assurance Panel and Appeals Panel of the Commission on Dietetic Registration; and member of the Leadership Institute Oversight Task Force. Raymond is a past chair of the Board of the Academy’s Foundation and served on the Foundation’s Board for five years. She is a past president of the Washington State Academy of Nutrition and Dietetics; received the state’s Distinguished Service Award and represented Washington State in the Academy’s House of Delegates. Raymond is a past chair and member of the Dietitians in Business and Communications dietetic practice group’s executive board. She received the DPG’s Founder’s Award and 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:**
- 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-elect**

**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 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. Sauer will serve as the Academy’s President in 2021-2022. His 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.

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 Nutrition Entrepreneurs DPG, 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 expert for Relias, where she provides continuing education opportunities for allied 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 children with special needs and athletes. She is a graduate of Messiah College and earned a master’s degree in adult and distance education from Penn State University.

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 2020-2021 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 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

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

Lauri 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 2020-2021 Speaker of the Academy’s House of Delegates and a member of the Legislative and Public Policy 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.

California
Los Angeles
Yasi Ansari, p. 24
Cordialis Msora-Kasago, p. 43
San Francisco
Sonya Angelone, p. 23

District of Columbia
Isabel Maples, p. 40

Florida
Jacksonville
Lauri Wright, p. 54
Miami
Su-Nui Escobar, p. 28
Amy Kimberlain, p. 35

Georgia
Atlanta
Rahaf Al Bochi, p. 22
Jerlyn Jones, p. 34
Kristen Smith, p. 51
Decatur
Melissa Majumdar, p. 39

Illinois
Chicago
Jennifer Bruning, p. 26
Melissa Ann Prest, p. 47

Maryland
Baltimore
Julie Stefanski, p. 52

Massachusetts
Boston
Alicia Romano, p. 49

Missouri
St. Louis
Whitney Linsenmeyer, p. 38

Nevada
Las Vegas
Roxana Ehsani, p. 27

New York
New York City
Sandra Arévalo, p. 25
Robin Foroutan, p. 31

Pennsylvania
Philadelphia
Libby Mills, p. 42
Colleen Tewksbury, p. 53
Pittsburgh
Caroline Passerrello, p. 44

South Carolina
Charleston
Debbie Petitpain, p. 45

Texas
Dallas
Angela Lemond, p. 37
Houston
Kristi King, p. 36
Wesley McWhorter, p. 41

Virginia
Fredericksburg
Nancy Z. Farrell Allen, p. 30

Washington
Seattle
Ginger Hultin, p. 33
Angel Planells, p. 46
Index of Specialty Areas

Adolescent Nutrition
Sandra Arévalo, p. 25
Kristi King, p. 36
Angela Lemond, p. 37

African-American Nutrition
Sandra Arévalo, p. 25
Kristen Gradney, p. 32
Jerlyn Jones, p. 34
Cordialis Msora-Kasago, p. 43
Debbie Petitpain, p. 45
Angel Planells, p. 46

Aging and Nutrition
Sandra Arévalo, p. 25
Angel Planells, p. 46
Melissa Ann Prest, p. 47
Lauri Wright, p. 54

Arthritis/Inflammation Nutrition
Sonya Angelone, p. 23
Robin Foroutan, p. 31
Ginger Hultin, p. 33
Melissa Ann Prest, p. 47
Alicia Romano, p. 49

Autism/Developmental Disorders
Angela Lemond, p. 37
Julie Stefanski, p. 52

Bariatric/Weight Loss Surgery
Sandra Arévalo, p. 25
Melissa Majumdar, p. 39
Debbie Petitpain, p. 45
Kristen Smith, p. 51
Colleen Tewksbury, p. 53

Behavior and Lifestyle Modification
Rahaf Al Bochi, p. 22
Yasi Ansari, p. 24

Breast-Feeding
Sandra Arévalo, p. 25
Angela Lemond, p. 37
Melissa Majumdar, p. 39

Calcium
Yasi Ansari, p. 24
Melissa Majumdar, p. 39
Isabel Maples, p. 40

Cancer Nutrition
Yasi Ansari, p. 24
Ginger Hultin, p. 33
Alicia Romano, p. 49

Carbohydrates
Amy Kimberlain, p. 35
Libby Mills, p. 42
Julie Stefanski, p. 52

Cardiovascular Nutrition
Rahaf Al Bochi, p. 22
Sonya Angelone, p. 23
Roxana Ehsani, p. 27
Robin Foroutan, p. 31
Ginger Hultin, p. 33
Jerlyn Jones, p. 34
Amy Kimberlain, p. 35
Angela Lemond, p. 37
Angel Planells, p. 46
Melissa Ann Prest, p. 47

Celiac Disease
Nancy Z. Farrell Allen, p. 30
Robin Foroutan, p. 31
Angela Lemond, p. 37
Alicia Romano, p. 49
Julie Stefanski, p. 52

Children’s Nutrition
Su-Nui Escobar, p. 28
Amy Kimberlain, p. 35
Kristi King, p. 36
Angela Lemond, p. 37
Isabel Maples, p. 40
Caroline Passerrello, p. 44
Julie Stefanski, p. 52

Cholesterol
Sonya Angelone, p. 23
Robin Foroutan, p. 31
Ginger Hultin, p. 33
Libby Mills, p. 42
Angel Planells, p. 46

Community Nutrition/Public Health
Sandra Arévalo, p. 25
Nancy Z. Farrell Allen, p. 30
Wesley McWhorter, p. 41
Caroline Passerrello, p. 44
Colleen Tewksbury, p. 53
Lauri Wright, p. 54

Culinary/Chef
Jennifer Bruning, p. 26
Roxana Ehsani, p. 27
Whitney Linsenmeyer, p. 38
Wesley McWhorter, p. 41
Caroline Passerrello, p. 44
Kristen Smith, p. 51
Colleen Tewksbury, p. 53

Diabetes
Rahaf Al Bochi, p. 22
Sonya Angelone, p. 23
Jennifer Bruning, p. 26
Robin Foroutan, p. 31
Ginger Hultin, p. 33
Amy Kimberlain, p. 35
Angela Lemond, p. 37
Whitney Linsenmeyer, p. 38
Wesley McWhorter, p. 41
Caroline Passerrello, p. 44
Kristen Smith, p. 51
Colleen Tewksbury, p. 53

Diet Trends
Rahaf Al Bochi, p. 22
Sonya Angelone, p. 23
Jennifer Bruning, p. 26
Robin Foroutan, p. 31
Ginger Hultin, p. 33
Amy Kimberlain, p. 35
Angela Lemond, p. 37
Whitney Linsenmeyer, p. 38
Wesley McWhorter, p. 41
Caroline Passerrello, p. 44
Kristen Smith, p. 51
Colleen Tewksbury, p. 53

Dietetic Licensure
Jennifer Bruning, p. 26
Roxana Ehsani, p. 27
Whitney Linsenmeyer, p. 38
Angel Planells, p. 46
Debbie Petitpain, p. 45
Angela Lemond, p. 37
Melissa Majumdar, p. 39
Libby Mills, p. 42
Caroline Passerrello, p. 44
Debbie Petitpain, p. 45
Angel Planells, p. 46
Kristen Smith, p. 51
Colleen Tewksbury, p. 53

Dietary Guidelines for Americans
Angela Lemond, p. 37
Melissa Majumdar, p. 39
Isabel Maples, p. 40
Libby Mills, p. 42
Caroline Passerrello, p. 44
Debbie Petitpain, p. 45
Angel Planells, p. 46
Kristen Smith, p. 51
Colleen Tewksbury, p. 53

Index of Specialty Areas
Index of Specialty Areas

Disease Prevention
Rahaf Al Bochi, p. 22
Sonya Angelone, p. 23
Yasi Ansari, p. 24
Robin Foroutan, p. 31
Ginger Hultin, p. 33
Amy Kimberlain, p. 35
Angela Lemond, p. 37
Cordialis Msora-Kasago, p. 43
Debbie Petitpain, p. 45
Angel Planells, p. 46
Alicia Romano, p. 49
Colleen Tewksbury, p. 53

Eating Away from Home
Sandra Arévalo, p. 25
Jennifer Bruning, p. 26
Ginger Hultin, p. 33
Libby Mills, p. 42
Angel Planells, p. 46
Kristen Smith, p. 51

Eating Disorders/ Nutritional Psychotherapy
Nancy Z. Farrell Allen, p. 30
Angela Lemond, p. 37
Whitney Linsenmeyer, p. 38

Eating on a Budget
Rahaf Al Bochi, p. 22
Yasi Ansari, p. 24
Sandra Arévalo, p. 25
Roxana Ehsani, p. 27
Su-Nui Escobar, p. 28
Angela Lemond, p. 37
Isabel Maples, p. 40
Libby Mills, p. 42
Caroline Passerrello, p. 44
Debbie Petitpain, p. 45
Lauri Wright, p. 54

Family Nutrition
Kristen Gradney, p. 32
Angela Lemond, p. 37
Melissa Majumdar, p. 39
Isabel Maples, p. 40
Cordiais Msora-Kasago, p. 43
Kristen Smith, p. 51

Employee Wellness Programs
Jennifer Bruning, p. 26
Angela Lemond, p. 37

Environmental Nutrition
Jennifer Bruning, p. 26
Robin Foroutan, p. 31
Ginger Hultin, p. 33
Libby Mills, p. 42
Angel Planells, p. 46
Kristen Smith, p. 51

Epidemiology (Research Review and Analysis)
Whitney Linsenmeyer, p. 38
Wesley McWhorter, p. 41
Melissa Ann Prest, p. 47
Colleen Tewksbury, p. 53
Lauri Wright, p. 54

Fad Diets
Rahaf Al Bochi, p. 22
Jennifer Bruning, p. 26
Robin Foroutan, p. 31
Ginger Hultin, p. 33
Angela Lemond, p. 37
Whitney Linsenmeyer, p. 38
Wesley McWhorter, p. 41
Kristen Smith, p. 51
Colleen Tewksbury, p. 53

Fiber
Nancy Z. Farrell Allen, p. 30
Ginger Hultin, p. 33
Kristi King, p. 36

Folic Acid
Robin Foroutan, p. 31

Food Allergies
Sonya Angelone, p. 23
Jennifer Bruning, p. 26
Nancy Z. Farrell Allen, p. 30
Kristi King, p. 36
Angela Lemond, p. 37
Alicia Romano, p. 49
Kristen Smith, p. 51
Julie Stefanski, p. 52

Food Insecurity
Sandra Arévalo, p. 25
Jerlyn Jones, p. 34
Alicia Romano, p. 49

Food Policy and Programs
Wesley McWhorter, p. 41
Lauri Wright, p. 54

Food Preparation and Meal Planning
Sandra Arévalo, p. 25
Roxana Ehsani, p. 27
Su-Nui Escobar, p. 28
Kristen Gradney, p. 32
Angela Lemond, p. 37
Melissa Majumdar, p. 39
Isabel Maples, p. 40
Wesley McWhorter, p. 41
Libby Mills, p. 42
Cordiais Msora-Kasago, p. 43

Food Safety
Isabel Maples, p. 40
Libby Mills, p. 42
Cordiais Msora-Kasago, p. 43

Food Sensitivities
Sonya Angelone, p. 23
Alicia Romano, p. 49

Functional Foods and Phytochemicals
Sonya Angelone, p. 23
Robin Foroutan, p. 31
Ginger Hultin, p. 33

Gardening and Food Preservation
Jennifer Bruning, p. 26

Gastrointestinal Nutrition
Sonya Angelone, p. 23
Robin Foroutan, p. 31
Kristi King, p. 36
Angela Lemond, p. 37
Alicia Romano, p. 49
Julie Stefanski, p. 52

Gluten Intolerance
Roxana Ehsani, p. 27
Robin Foroutan, p. 31
Julie Stefanski, p. 52
Index of Specialty Areas

Health Coaching
Sandra Arévalo, p. 25
Robin Foroutan, p. 31
Libby Mills, p. 42

Health Education
Yasi Ansari, p. 24
Sandra Arévalo, p. 25
Jennifer Bruning, p. 26
Kristen Gradney, p. 32
Kristi King, p. 36
Cordialis Msora-Kasago, p. 43
Angel Planells, p. 46

Health Fraud, Quackery
Robin Foroutan, p. 31
Ginger Hultin, p. 33
Whitney Linsenmeyer, p. 38

Healthful Shopping
Roxana Ehsani, p. 27
Nancy Z. Farrell Allen, p. 30
Kristen Gradney, p. 32
Isabel Maples, p. 40
Libby Mills, p. 42
Cordialis Msora-Kasago, p. 43
Caroline Passerrello, p. 44
Angel Planells, p. 46
Kristen Smith, p. 51

Herbal Remedies and Botanicals
Sandra Arévalo, p. 25
Robin Foroutan, p. 31
Ginger Hultin, p. 33

High Blood Pressure/Hypertension
Sonya Angelone, p. 23
Cordialis Msora-Kasago, p. 43
Angel Planells, p. 46
Melissa Ann Prest, p. 47

Holistic, Integrative and Alternative Nutrition
Sonya Angelone, p. 23
Robin Foroutan, p. 31
Ginger Hultin, p. 33
Jerlyn Jones, p. 34

Infant Nutrition
Kristi King, p. 36

Insulin Resistance and Metabolic Syndrome
Robin Foroutan, p. 31
Jerlyn Jones, p. 34
Amy Kimberlain, p. 35
Kristen Smith, p. 51

International/Global Nutrition
Cordialis Msora-Kasago, p. 43
Lauri Wright, p. 54

Labels/Label Reading
Jennifer Bruning, p. 26
Nancy Z. Farrell Allen, p. 30
Kristen Gradney, p. 32
Whitney Linsenmeyer, p. 38
Melissa Majumdar, p. 39
Libby Mills, p. 42
Caroline Passerrello, p. 44
Debbie Petitpain, p. 45
Melissa Ann Prest, p. 47

Latino Nutrition
Sandra Arévalo, p. 25
Su-Nui Escobar, p. 28
Amy Kimberlain, p. 35
Angel Planells, p. 46

Legislation and Policy Issues
Nancy Z. Farrell Allen, p. 30
Kristen Gradney, p. 32
Melissa Ann Prest, p. 47
Caroline Passerrello, p. 53
Lauri Wright, p. 54

Maternal and Prenatal Nutrition
Rahaf Al Bochi, p. 22
Sandra Arévalo, p. 25
Caroline Passerrello, p. 44
Lauri Wright, p. 54

Medical Nutrition Therapy
Yasi Ansari, p. 24
Roxana Ehsani, p. 27
Su-Nui Escobar, p. 28
Nancy Z. Farrell Allen, p. 30
Kristen Gradney, p. 32
Ginger Hultin, p. 33
Kristi King, p. 36
Cordialis Msora-Kasago, p. 43
Lauri Wright, p. 54

Men’s Nutrition
Wesley McWhorter, p. 41
Debbie Petitpain, p. 45
Angel Planells, p. 46

Metabolism
Melissa Majumdar, p. 39
Caroline Passerrello, p. 53

Mindful/Intuitive Eating
Rahaf Al Bochi, p. 22
Jennifer Bruning, p. 26
Roxana Ehsani, p. 27
Su-Nui Escobar, p. 28
Jerlyn Jones, p. 34
Whitney Linsenmeyer, p. 38
Melissa Majumdar, p. 39
Libby Mills, p. 42
Melissa Ann Prest, p. 47
Kristen Smith, p. 51

Natural and Organically Grown Foods
Nancy Z. Farrell Allen, p. 30
Robin Foroutan, p. 31
Libby Mills, p. 42

Nutrient Analysis
Roxana Ehsani, p. 27
Caroline Passerrello, p. 44

Nutrigenomics
Sonya Angelone, p. 23
Ginger Hultin, p. 33

Nutritional Assessment
Kristi King, p. 36
Cordialis Msora-Kasago, p. 43
Lauri Wright, p. 54

Nutrition and Dietetics Profession
Sonya Angelone, p. 23
Nancy Z. Farrell Allen, p. 30
Angela Lemond, p. 37
Caroline Passerrello, p. 44
Angel Planells, p. 46
Julie Stefanski, p. 52
Colleen Tewksbury, p. 53
Lauri Wright, p. 54

Nutrition and Medical Care
Kristen Gradney, p. 32

Nutrition Education for Consumers
Nancy Z. Farrell Allen, p. 30
Kristen Gradney, p. 32
Angela Lemond, p. 37
Wesley McWhorter, p. 41
Libby Mills, p. 42
Cordiais Msora-Kasago, p. 43
Caroline Passerrello, p. 44
Alicia Romano, p. 49
Colleen Tewksbury, p. 53

Nutrition Education for Physicians
Su-Nui Escobar, p. 28
Kristen Gradney, p. 32
Kristi King, p. 36
Debbie Petitpain, p. 45

2020-2021 Media Guide | www.eatright.org
Index of Specialty Areas

**Obesity and Weight Management**
Ginger Hultin, p. 33
Jeryl Jones, p. 34
Angela Lemond, p. 37
Melissa Majumdar, p. 39
Wesley McWhorter, p. 41
Libby Mills, p. 42
Angel Planells, p. 46
Kristen Smith, p. 51
Colleen Tewksbury, p. 53

**Social Media Apps**
Su-Nui Escobar, p. 28
Ginger Hultin, p. 33
Angela Lemond, p. 37
Kristen Smith, p. 51

**Spanish Speakers**
Sandra Arévalo, p. 25
Roxana Ehsani, p. 27
Su-Nui Escobar, p. 28
Amy Kimberlain, p. 35

**Protein**
Melissa Majumdar, p. 39
Isabel Maples, p. 40
Libby Mills, p. 42
Angel Planells, p. 46
Kristen Smith, p. 51
Juliie Stefanski, p. 52

**Recipe Development and Makeovers**
Rahaf Al Bochi, p. 22
Jennifer Bruning, p. 26
Roxana Ehsani, p. 27
Su-Nui Escobar, p. 28
Kristen Gradney, p. 32
Ginger Hultin, p. 33
Whitney Linsenmeyer, p. 38
Isabel Maples, p. 40
Wesley McWhorter, p. 41
Libby Mills, p. 42
Angel Planells, p. 46
Alicia Romano, p. 49
Juliie Stefanski, p. 52

**Ramadan Nutrition**
Rahaf Al Bochi, p. 22

**Sports Nutrition and Fitness**
Yasi Ansari, p. 24
Roxana Ehsani, p. 27
Amy Kimberlain, p. 35
Melissa Majumdar, p. 39
Wesley McWhorter, p. 41
Angel Planells, p. 46
Alicia Romano, p. 49
Juliie Stefanski, p. 52

**Stress and Emotional Eating**
Rahaf Al Bochi, p. 22
Yasi Ansari, p. 24
Sandra Arévalo, p. 25
Roxana Ehsani, p. 27
Su-Nui Escobar, p. 28
Amy Kimberlain, p. 35
Melissa Majumdar, p. 39
Libby Mills, p. 42
Angel Planells, p. 46
Melissa Ann Prest, p. 47
Kristen Smith, p. 51

**Renal Nutrition and Dialysis**
Kristen Gradney, p. 32
Melissa Ann Prest, p. 47

**School Meals**
Kristi King, p. 36
Whitney Linsenmeyer, p. 38

**Supplements and Vitamins**
Sonya Angelone, p. 23
Robin Foroutan, p. 31
Ginger Hultin, p. 33
Jeryl Jones, p. 34
Melissa Majumdar, p. 39
Julie Stefanski, p. 52

**Vegetarian/Vegan Nutrition**
Ginger Hultin, p. 33
Amy Kimberlain, p. 35
Wesley McWhorter, p. 41
Libby Mills, p. 42
Debbie Petitpain, p. 45
Melissa Ann Prest, p. 47
Alicia Romano, p. 49
Juliie Stefanski, p. 52

**Wellness Nutrition**
Rahaf Al Bochi, p. 22
Yasi Ansari, p. 24
Roxana Ehsani, p. 27
Libby Mills, p. 42
Cordialis Msora-Kasago, p. 43
Angel Planells, p. 46
Alicia Romano, p. 49

**Women’s Nutrition**
Rahaf Al Bochi, p. 22
Yasi Ansari, p. 24
Nancy Z. Farrell Allen, p. 30
Robin Foroutan, p. 31
Kristen Gradney, p. 32
Isabel Maples, p. 40
Libby Mills, p. 42

**Worksite Nutrition**
Sandra Arévalo, p. 25
Jennifer Bruning, p. 26
Libby Mills, p. 42
Caroline Passerrello, p. 44
Debbie Petitpain, p. 45

**Sugars/Sweeteners**
Sandra Arévalo, p. 25
Nancy Z. Farrell Allen, p. 30
Debbie Petitpain, p. 45
Colleen Tewksbury, p. 53

**Vitamin D**
Sonya Angelone, p. 23
Robin Foroutan, p. 31
Ginger Hultin, p. 33

**Water/Hydration**
Robin Foroutan, p. 31
Melissa Majumdar, p. 39
Libby Mills, p. 42

**Weight Loss**
Su-Nui Escobar, p. 28
Melissa Majumdar, p. 39
Libby Mills, p. 42
Angel Planells, p. 46
Melissa Ann Prest, p. 47
Alicia Romano, p. 49
Kristen Smith, p. 51
Colleen Tewksbury, p. 53
Creative Editorial Calendar

June 2020 to May 2021

June
Alzheimer’s and Brain Awareness Month
*Brain health and fish*
Father’s Day (June 21)
*Healthful meals for kids to prepare for dad*
Men’s Health Month
Men’s Health Week (June 15-21)
National Cancer Survivors Day (June 7)
National Dairy Month
National Papaya Month
National Soul Food Month

July
*Hydration*
Independence Day
National Grilling Month
National Parks and Recreation Month
National Picnic Month
National Youth Sports Week (July 20-24)

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 Breast-Feeding Month
National Sandwich Month
World Breast-Feeding Week (August 1-7)

September
Childhood Cancer Awareness Month
Family Health and Fitness Day USA (September 26)
Healthy Aging Month
Labor Day (September 7)
National Celiac Disease Awareness Day (September 13)
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 30)
Ovarian Cancer Awareness Month
Whole Grains Month
World Alzheimer’s Month
World Heart Day (September 29)

October
*Academy’s Food & Nutrition Conference & Expo™ (October 17-20)*
Bone and Joint Health National Awareness Week
(October 12-20)

November
*Balance, variety and moderation*
Diabetic Eye Disease Month
*Effects of smoking on nutrition, weight gain*
Great American Smokeout (November 19)
Lung Cancer Awareness Month
National Alzheimer’s Disease Awareness Month
National Diabetes Month
Thanksgiving (November 26)
*Turkey tips*

December
Christmas
*Healthful snacks for the holidays*
*Healthfully navigating holiday parties*
Hanukkah (December 10-18)
Kwanzaa (December 26, 2020 – January 1, 2021)
National Handwashing Awareness Week (December 1-7)
National Stress-Free Family Holiday Month
*Weight maintenance over the holidays*
World AIDS Day (December 1)

January 2021
National Birth Defects Prevention Month
National Folic Acid Awareness 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)
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 7-13)
National Wear Red Day (February 5)
Super Bowl Sunday (February 7)
Valentine’s Day
March
American Diabetes Alert Day (March 23)
Brain Awareness Week (March 15-21)
National Colorectal Cancer Awareness Month
National Frozen Food Month
National Kidney Month
National Nutrition Month*
National School Breakfast Week
Passover (March 27-April 4)
Registered Dietitian Nutritionist Day (March 10)
St. Patrick’s Day (March 17)
World Kidney Day (March 11)

April
Alcohol Awareness Month
April Fools’ Day
Easter (April 4)
Emotional Overeating Awareness Month
Every Kid Healthy Week (April 26-30)
Irritable Bowel Syndrome Awareness Month
Move More Month
National Cancer Control Month
National Infertility Awareness Week
National Minority Health Month
National Public Health Week (April 5-11)
Ramadan (April 12-May 11)
Stress Awareness Month
World Autism Awareness Month
World Health Day (April 7)

May
Arthritis Awareness Month
Asian Pacific American Heritage Month
Celiac Awareness Month
Cinco de Mayo
Food Allergy Action Month
Food Allergy Awareness Week
Global Employee Health and Fitness Month
Healthy Vision Month
Mother’s Day (May 9)
National Asthma and Allergy Awareness Month
National Barbecue Month
National High Blood Pressure Education Month
National Mediterranean Diet Month
National Mental Health Month
National Osteoporosis Month
National Physical Fitness and Sports Month
National Senior Health and Fitness Day (May 26)
National Stroke Awareness Month
National Women’s Health Week (May 9-15)
Older Americans Month
World Hand Hygiene Day (May 5)

Registered dietitian nutritionists are the media’s best source of expert commentary and sound bites.

Food nourishes the body and provides necessary fuel to help you thrive and fight disease. Take time to enjoy healthy foods and all the happiness they bring to your life.

Kristen Gradney, MHA, RDN, LDN
St. Louis Post-Dispatch

I rely on the 2015-2020 Dietary Guidelines for Americans, which are rather encouraging for regular coffee drinkers in that they indicate that moderate coffee consumption (three to five 8-ounce cups/day or servings providing up to 400 mg/day of caffeine) can be incorporated into healthy eating patterns.

Whitney Linsenmeyer, PHD, RD, LD
Today.com

If you are a long-distance runner and lose a lot of fluid through sweat, particularly in hot, humid conditions, you will need much more water than [a] weekend warrior who is doing a short jog in the gym.

Melissa Majumdar, MS, RD, CSOWM, LDN
CNN.com

The most reliable way to determine if chicken is safe to eat is by using a food thermometer inserted into the thickest part of the meat. Be sure the tip of the thermometer isn’t touching any bones or fat.

Caroline Passerrello, MS, RDN, LDN
Healthline
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.