Key Dates in April 2018

2nd World Autism Awareness Day
4th International Carrot Day
7th World Health Day
14th National Pecan Day
19th National Garlic Day
22nd Earth Day
23rd Academy Foundation Scholarship Application Deadline
24th Farm Bill Advocacy Day
26th National Pretzel Day
30th National Raisin Day
April 2–6: National Public Health Week
April 23–27: Every Kid Healthy Week
April 22–28: National Infertility Awareness Week
Alcohol Awareness Month
Cancer Control Month
Emotional Overeating Awareness Month
National Autism Awareness Month
National Interprofessional Health Care Month
National Minority Health Month

National Preceptor Month
National Soyfoods Month
Stress Awareness Month

Talking Points

Eat Right and Drink Responsibly
During Alcohol Awareness Month, learn how to enjoy alcoholic beverages in moderation. https://www.eatright.org/food/nutrition/dietary-guidelines-and-myplate/eat-right-and-drink-responsibly

- The 2015–2020 Dietary Guidelines for Americans advise limiting alcohol to one drink per day for women and two drinks per day for men, and only for adults of legal drinking age.

- The serving size of an alcoholic beverage depends on the type of drink. It’s 12 fluid ounces for beer or wine cooler, 5 fluid ounces for table wine and 1.5 fluid ounces for 80-proof distilled spirits.

Autism Spectrum Disorders (ASD) and Diet
Approximately 1 in 68 American children has been identified with Autism Spectrum Disorder, or ASD. People with ASD have limited interests, which can affect their eating and food choices. https://www.eatright.org/health/diseases-and-conditions/autism/nutrition-for-your-child-with-autism-spectrum-disorder-asd

- Children with ASD may be sensitive to the taste, smell, texture and color of foods. Some medications may have possible side effects of increased or decreased appetite.

- If your child has ASD, work with a registered dietitian nutritionist. An RDN can help identify any nutritional risks based on how your child eats, answer your questions about diet therapies and supplements advertised as helpful for autism, and help guide your child on how to eat well and live healthfully.

Sample Social Media Posts:

If you choose to drink alcoholic beverages, do so responsibly! Here’s how to enjoy alcohol in moderation: http://sm.eatright.org/ERdrinkresp #eatright

Celebrate #CancerControlMonth this April by following these general diet tips to reduce your risk of developing cancer: http://sm.eatright.org/cancercontrol #eatright

Going to the grocery store and picking a new food to try can help children with Autism Spectrum Disorder become more flexible eaters. Get more useful tips: http://sm.eatright.org/asddiet #kidseatright

Academy Foundation scholarships are available for students at all levels of study! Apply by April 23: http://sm.eatright.org/schlrshps #eatrightPRO #futureRDN

Join #eatrightPRO on April 24th for #FarmBill Advocacy Day to advocate for nutrition education and research in the farm bill. Learn more about the Academy’s stance: http://sm.eatright.org/farmbill
April is National Preceptor Month!

Preceptors play a huge role in mentoring and training future nutrition and dietetics professionals. To recognize their hard work and dedication to the profession, the Academy of Nutrition and Dietetics celebrates National Preceptor Month each year in April.

Initiated in 2013, National Preceptor Month raises awareness of the need for preceptors and is an opportunity to recognize and thank preceptors who train the next generation of nutrition and dietetics professionals. *Without preceptors, the profession wouldn’t exist!*

Throughout April, share the Academy’s online resources for preceptors. This year, preceptors are able to record a total of 15 CPEUs per five-year cycle for precepting and leadership on their activity log. There also is a free preceptor training program that offers 8 CPEUs. Both of these programs are provided by the Commission on Dietetic Registration.

Students also can get involved: They can recognize a preceptor and download a certificate of appreciation, or share how a preceptor helped shape their career by submitting a recognition story.

To spread the word and encourage colleagues to become a preceptor, use the hashtag #PreceptorMonth on social media.

**Sample Social Media Posts:**

Make a difference in the nutrition and dietetics field by becoming a preceptor! Learn more: [http://sm.eatright.org/PreceptorInfo #eatrightPRO #PreceptorMonth](http://sm.eatright.org/PreceptorInfo #eatrightPRO #PreceptorMonth)

Students: Want to thank an amazing preceptor? Submit a recognition story during #PreceptorMonth: [http://sm.eatright.org/thankprecep #eatrightPRO #futureRDN](http://sm.eatright.org/thankprecep #eatrightPRO #futureRDN)

April is National #PreceptorMonth! Learn how preceptors make a difference in the lives of future RDNs: [http://sm.eatright.org/PreceptorInfo #eatrightPRO](http://sm.eatright.org/PreceptorInfo #eatrightPRO)

Want to mentor and train dietetics professionals of the future? Sign up to become a preceptor: [http://sm.eatright.org/PreceptorInfo #eatrightPRO #PreceptorMonth](http://sm.eatright.org/PreceptorInfo #eatrightPRO #PreceptorMonth)
Key Dates in May 2018

1st  | FNCE® Registration Open
2nd  | World Tuna Day
5th  | Cinco de Mayo
10th | National Shrimp Day
13th | Hummus Day
13th | Mother's Day
17th | World Hypertension Day
28th | National Hamburger Day
31st | Deadline to Renew Academy Membership

May 1–30: Call for late-breaking FNCE® abstracts

May 13–19: Food Allergy Awareness Week
May 13–19: National Women’s Health Week
Food Allergy Action Month
National Allergy & Asthma Month
National Barbecue Month
National Cancer Research Month
National High Blood Pressure Education Month
National Osteoporosis Month
National Physical Fitness & Sports Month
National Salad Month
National Strawberry Month
Nutrition Research Month
Older Americans Month

Talking Points

5 Top Foods for Eye Health
Do your eyes have all the nutrients they need to prevent issues such as cataracts, macular degeneration and glaucoma? [https://www.eatright.org/health/wellness/preventing-illness/5-top-foods-for-eye-health](https://www.eatright.org/health/wellness/preventing-illness/5-top-foods-for-eye-health)

- Kale is rich in lutein and zeaxanthin, which are believed to protect eye tissues from sunlight damage and reduce the risk of cataracts and macular degeneration. Sweet potatoes are a good source of beta carotene, which may slow progress of macular degeneration.
- Both green tea and strawberries are high in antioxidants, which may help lower your risk of developing cataracts and macular degeneration.
- Have dry eyes? Eating enough omega-3 fatty acids found in salmon can help!

Food Allergies and Intolerances
People with food allergies or intolerances need to avoid foods that make them sick. However, navigating menu items and dishes can be tricky. [https://www.eatright.org/health/allergies-and-intolerances/food-allergies/food-allergies-and-intolerances](https://www.eatright.org/health/allergies-and-intolerances/food-allergies/food-allergies-and-intolerances)

- If you have a food allergy or intolerance, a registered dietitian nutritionist can help you understand which foods are safe to eat and how to avoid foods that may cause a reaction.
- Always read food labels carefully. Manufacturers can change ingredients of products without notice, so double-check ingredient labels every time you buy a food, even if it is a familiar one.

Sample Social Media Posts:

What do sweet potatoes, salmon and green tea have in common? They all can help keep your eyes healthy! Learn more about these foods and their health benefits: [http://sm.eatright.org/5eyefoods #eatright](http://sm.eatright.org/5eyefoods #eatright)

Why is osteoporosis called a "silent disease"? Find out, plus learn how to prevent it: [http://sm.eatright.org/osteoporosis #eatright](http://sm.eatright.org/osteoporosis #eatright)

Do you know the difference between a food allergy and a food intolerance? Get in the know about common food allergens: [http://sm.eatright.org/fdallergyintol #eatright](http://sm.eatright.org/fdallergyintol #eatright)

May 31 is the deadline to renew your Academy membership for the 2018-2019 year! Act now: [http://sm.eatright.org/renew #eatrightPRO](http://sm.eatright.org/renew #eatrightPRO)

Don’t miss your chance to attend FNCE in Washington, D.C.! Registration opens May 1: [http://sm.eatright.org/attendFNCE #eatrightPRO](http://sm.eatright.org/attendFNCE #eatrightPRO)
Get involved with Academy Research Initiatives

Each May, the Academy of Nutrition and Dietetics celebrates Nutrition Research Month! This initiative focuses on the importance of research for everyone in the nutrition and dietetics field.

The Academy develops research priorities that guide policy and standards for practice; strategies for advocating, facilitating, convening, funding and educating members; and collaboration with other scientists, health care providers and professional organizations.

Research forms the backbone of dietetics practice and is the basis for the Academy’s work in consumer education and public policy. It also is used to develop the Academy’s position papers, which cover a range of topics such as medical nutrition therapy, food insecurity and nutrition for a healthy pregnancy.

There are plenty of ways for Academy members to get involved in research initiatives. The Academy offers two main research tools, Dietetics Practice Based Research Network, or DPBRN, and Academy of Nutrition and Dietetics Health Informatics Infrastructure, or ANDHII®. Registered dietitian nutritionists use ANDHII® to incorporate evidence-based nutrition research into their everyday practice. They also use DPBRN as a network to be involved in clinical research.

During Nutrition Research Month, learn more about the Academy’s research process and encourage colleagues to do the same! Use the hashtag #NutritionResearchMonth on social media.

Sample Social Media Posts:

May is #NutritionResearchMonth! Learn more about the Academy’s initiatives and resources: http://sm.eatright.org/research #eatrightPRO

The Academy promotes evidence-based practice and encourages RDNs to become involved in the research process. Get started: http://sm.eatright.org/research #NutritionResearchMonth #eatrightPRO

Research has practical applications in every aspect of the dietetics field. Learn more about the Academy’s research tools for RDNs: http://sm.eatright.org/researchtools #eatrightPRO #NutritionResearchMonth

During #NutritionResearchMonth, learn more about the Academy’s main research tool, ANDHII: http://sm.eatright.org/researchtools #eatrightPRO
Key Dates in June 2018

1st: Student Liaison Application Open for 2018–2019 School Year
3rd: National Egg Day
5th: World Environment Day
6th: National Running Day
8th: World Oceans Day
10th: National Iced Tea Day
12th: International Falafel Day
15th: National Lobster Day
17th: Eat All Your Veggies Day
17th: Father’s Day
18th: International Picnic Day
June 11–17: National Men’s Health Week

Alzheimer’s & Brain Awareness Month
Cataract Awareness Month
Child Vision Awareness Month
Men’s Health Month
National Dairy Month
National Iced Tea Month
National Papaya Month
National Soul Food Month

Talking Points

Get Fruits and Veggies to the Plate

- Encourage kids to fill half their plate with fruits and vegetables. Let your children explore their tastes, textures and aromas.
- There are plenty of creative ways to eat more fruits and veggies. Add roasted red peppers or bell pepper rings to a sandwich. Stuff an omelet with vegetables. Or, combine colorful fruits and vegetables into a tasty salad.

9 Nutrition Tips for Young Men
Young men need to eat the right foods to fuel a growing and active body. By eating well now, they can avoid health problems down the road. [https://www.eatright.org/health/wellness/healthy-aging/nutrition-for-young-men](https://www.eatright.org/health/wellness/healthy-aging/nutrition-for-young-men)

- Young men should eat breakfast every day to get their metabolism moving. Small snacks throughout the day also are key to avoid overeating at meals.
- Maintain a diet high in fruits and vegetables, healthy fats, protein, calcium, vitamin D and iron. For strong bones and overall good health, get at least 30 minutes of weight-bearing activity most days of the week.

Sample Social Media Posts:

Discover more creative ways to serve fruits and vegetables to your family and ensure they are meeting their nutritional needs: [http://sm.eatright.org/frtvegplate](http://sm.eatright.org/frtvegplate) #kidseatright

There are many ways young men can ensure a well-balanced lifestyle. Make sure nutrition is a priority with these healthy habits: [http://sm.eatright.org/youngmen](http://sm.eatright.org/youngmen) #eatright

Healthy habits start at home. Follow these simple tricks to learn how to put a healthy twist on traditional soul food recipes: [http://sm.eatright.org/healthysoul](http://sm.eatright.org/healthysoul) #eatright

Become an Academy student liaison for the 2018-2019 school year! Application opens June 1: [http://sm.eatright.org/stuliaison](http://sm.eatright.org/stuliaison) #eatrightPRO #futureRDN

Join more than 10,000 food and nutrition experts at #FNCE! Register to attend this year’s conference in Washington, D.C.: [http://sm.eatright.org/attendFNCE](http://sm.eatright.org/attendFNCE) #eatrightPRO
June is Alzheimer’s and Brain Awareness Month.

Each June, the Academy of Nutrition and Dietetics helps spread the word about Alzheimer’s and Brain Awareness Month. Alzheimer’s is a type of dementia that causes problems with memory, thinking and behavior. It’s currently the sixth leading cause of death in the United States, and more than 5 million Americans are living with this disease.

Research on the relationship between diet and Alzheimer’s risk is somewhat limited but indicates two types of diets — the Dietary Approaches to Stop Hypertension, or DASH, diet and the Mediterranean diet — may help improve cognitive decline in older adults. The DASH diet encourages people to eat fruits and vegetables, low-fat dairy products, unsalted nuts and foods low in saturated fat. The Mediterranean diet includes a variety of fruits, vegetables, whole grains, beans, fish and healthy fats.

Educate your clients about these types of diets using Academy resources. Even if your clients aren’t currently at risk, this information may be helpful to someone they know.

On social media, use the hashtag #ENDALZ to spread the word about healthful eating and Alzheimer’s and Brain Awareness Month.

Sample Social Media Posts:

Did you know people with Alzheimer’s and dementia are at an increased risk for malnutrition? Here’s how RDNs can help: [http://sm.eatright.org/watsmalnutrition eatright #ENDALZ](http://sm.eatright.org/watsmalnutrition eatright #ENDALZ)

Research suggests improved memory is one of the brain-boosting benefits associated with eating fish! Learn more: [http://sm.eatright.org/gofish eatright #ENDALZ](http://sm.eatright.org/gofish eatright #ENDALZ)

Feeling forgetful? Nutrition plays a major role in brain health. Try adding these foods to your diet: [http://sm.eatright.org/memoryfood eatright #ENDALZ](http://sm.eatright.org/memoryfood eatright #ENDALZ)

Research shows the Mediterranean diet can keep aging brains sharp! Learn more about the benefits: [http://sm.eatright.org/makeitmed eatright #ENDALZ](http://sm.eatright.org/makeitmed eatright #ENDALZ)
Coming Soon:

July    National Grilling Month
August  Kids Eat Right Month
September National Food Safety Education Month

Follow the Academy on social media!

For professional news and updates:

facebook: https://www.facebook.com/eatrightPRO
twitter: https://twitter.com/eatrightPRO
Academy of Nutrition and Dietetics
youtube: https://www.youtube.com/user/EatRightPROtv
twitter: https://twitter.com/eatrightFNCE

For messaging to share with clients and consumers:

facebook: https://www.facebook.com/EatRightNutrition
twitter: https://twitter.com/eatright
youtube: https://www.youtube.com/user/EatRightTV
google+: https://plus.google.com/+eatright

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