If your body mass index and weight fall into the range of overweight or obese, you could be at risk for certain health conditions. Learn how smart lifestyle changes can make a big difference: http://sm.eatright.org/healthandweight #eatright

Love using the slow cooker? Be sure to keep food safety in mind! Always follow these important tips: http://sm.eatright.org/HFSslowcooker #eatright

Help your clients kick off the New Year with good health in mind! Here are some helpful resources to share: http://sm.eatright.org/brochhandout #eatrightPRO

On January 24: It’s #NationalPeanutButterDay! Celebrate by making this tasty No-Bake Chocolate Cherry Oat Bars #recipe: http://sm.eatright.org/choccherryoat #eatright

Want to present a poster at #FNCE 2019? Abstracts are due February 15! Review the submission guidelines: http://sm.eatright.org/posterFNCE #eatrightPRO

### 10 Food Safety Tips for the Slow Cooker (National Slow Cooking Month)

Slow cooking is a great way to whip up a delicious dish with little effort. It’s perfect for cooking a winter stew, game-day dip or overnight oatmeal. When using a slow cooker, always keep food safety in mind. www.eatright.org/homefoodsafety/four-steps/cook/10-food-safety-tips-for-the-slow-cooker

- Before preparing food, ensure your slow cooker, utensils and work area are clean and keep perishable foods refrigerated for as long as possible before adding them to the pot. If you have to prepare vegetables and meats beforehand, store them separately to avoid cross-contamination.

- Avoid overstuffing the slow cooker and keep the lid on the entire time the meal cooks. Both of these safety measures help the food reach a safe internal temperature.

- Before serving, use a food thermometer to ensure food is safe to eat. After eating, store leftovers in shallow containers and refrigerate within two hours to reduce your risk of food poisoning.

### Talking Points

#### Your Health and Your Weight (National Healthy Weight Awareness Month)

Your health and weight are connected! According to the Centers for Disease Control and Prevention, if your body mass index falls into the range of overweight or obese, you may be at a higher risk for some diseases and conditions such as stroke, some cancers, hypertension or high blood pressure and Type 2 diabetes. www.eatright.org/health/weight-loss/your-health-and-your-weight/your-health-and-your-weight

- To assess your risk of diseases and health conditions, your health care provider will look at many factors, including BMI, family history, tobacco usage, physical activity level and how much saturated fat, sodium and dietary fiber you consume.

- If you are at risk for a disease, your doctor may prescribe medication and suggest you make lifestyle changes. You may be advised to lose weight, adopt a healthier eating style and exercise more.

- Making smart lifestyle changes, such as eating healthfully and moving more, may reduce your risk and help you feel better overall.

### Sample Social Media Posts

If your body mass index and weight fall into the range of overweight or obese, you could be at risk for certain health conditions. Learn how smart lifestyle changes can make a big difference: http://sm.eatright.org/healthandweight #eatright

Love using the slow cooker? Be sure to keep food safety in mind! Always follow these important tips: http://sm.eatright.org/HFSslowcooker #eatright #NationalSlowCookingMonth

January

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<th>Key Dates in January 2019</th>
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<td><strong>1st</strong> Call for FNCE® Poster Session abstracts opens</td>
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<td><strong>1st</strong> New Year’s Day</td>
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January 1-7: New Year’s Resolutions Week

January 20-27: National Fresh Squeezed Juice Week

National Glaucoma Awareness Month

National Healthy Weight Awareness Month

National Hot Tea Month

National Oatmeal Month

National Slow Cooking Month

National Soup Month

Thyroid Awareness Month
Share the Academy’s resources for making healthy, effective New Year’s Resolutions

Each January, millions of Americans make resolutions to eat healthfully, lose weight or exercise more. Provide your clients and social media followers with resources to help them reach their goals.

Always emphasize the importance of setting resolutions that are specific, measurable and realistic. Instead of “I’m going to lose weight,” encourage a more specific goal such as “I will add a fruit or vegetable to each meal.” For clients who are trying to lose weight, provide resources to do so in a safe, healthy way. Show them what a healthy weight loss plan looks like and how making smart food choices is key to maintaining a healthy weight for the long haul.

For those who want to exercise more in 2019, remind them it’s possible to stay active in every season! Also encourage people to make food safety a priority this year by following a few key steps when handling food.

Throughout the month — and all year long — spread the word about how registered dietitian nutritionists are helping people live healthy lives and are a valuable resource for people setting goals to achieve their New Year’s resolutions.

Sample Social Media Posts

This year, make it a priority to stay active in every season — no matter the weather! Try these fun, family-friendly activities: [http://sm.eatright.org/exerciseeveryseason](http://sm.eatright.org/exerciseeveryseason) #eatright

Making a #NewYearsResolution for 2019? Follow these strategies to create a plan that sets you up for success: [http://sm.eatright.org/ERthisyear](http://sm.eatright.org/ERthisyear) #eatright

Balance is key to maintaining a healthy weight for the long haul! If you’re trying to lose weight, here’s how to do it in a safe way: [http://sm.eatright.org/basicswtloss](http://sm.eatright.org/basicswtloss) #eatright

Want to set smart, measurable lifestyle goals for 2019? A registered dietitian nutritionist is a valuable resource! Here’s how an RDN can help: [http://sm.eatright.org/goalswithRDN](http://sm.eatright.org/goalswithRDN) #eatright
Key Dates in February 2019

1st Academy membership renewal for 2019-2020 opens online
1st National Wear Red Day (heart disease awareness)
1st Voting in Academy National Election opens
3rd Super Bowl Sunday
4th National Homemade Soup Day
4th World Cancer Day
9th National Pizza Day
14th Valentine’s Day
15th Call for FNCE® Poster Session Abstracts closes
15th Voting in Academy National Election closes
16th National Almond Day
18th Presidents Day
26th National Pistachio Day
27th National Strawberry Day
February 25-March 3: National Eating Disorders Awareness Week
American Heart Month
Low Vision Awareness Month
National Black History Month
National Canned Food Month
National Children’s Dental Health Month

Talking Points

Are Canned Foods Nutritious for my Family? (National Canned Food Month)
Canned foods can be part of a balanced eating plan! They’re an affordable, convenient way to get the nutrients you need. www.eatright.org/food/vitamins-and-supplements/nutrient-rich-foods/are-canned-foods-nutritious-for-my-family

- Canned produce is usually canned within hours of picking. Depending on the food item, specific procedures can vary, but once the fruit or vegetable has been picked and transported to the facility, it goes through three major steps: processing, sealing and heating.

- Canned foods can be just as nutritious as fresh and frozen foods because canning preserves many nutrients. The amount of minerals, fat-soluble vitamins, protein, fat and carbohydrate remain relatively unchanged by the process of canning.

- There are factors to consider when choosing nutritious canned foods. Pick varieties that are canned in water, 100-percent juice or its own juice. Choose canned vegetables without added salt, labeled “no salt added” or “low sodium.”

Understanding Eating Disorders (National Eating Disorders Awareness Week)
Millions of Americans struggle with an eating disorder. It is critical for anyone with symptoms of an eating disorder to seek professional help. Early treatment provides the greatest chance for a full recovery. www.eatright.org/health/diseases-and-conditions/eating-disorders/understanding-eating-disorders

- There are three main types of eating disorders: anorexia nervosa, bulimia nervosa and binge eating disorder.

- Some of the signs of anorexia nervosa include dramatic weight loss, refusal to maintain a healthy body weight, wearing baggy clothing to hide body shape and food restriction.

- Some signs of bulimia nervosa include binging and/or purging, fear of not being able to control eating and taking frequent trips to the bathroom following meals.

- If someone has binge eating disorder, he or she may eat in private, eat very quickly and eat until feeling uncomfortably full.

Sample Social Media Posts

Canned foods can be part of a healthy eating plan! Learn more about the benefits and how to choose the most nutritious options: http://sm.eatright.org/healthy-canned-foods #eatright #NationalCannedFoodMonth

Soul foods can be high in salt, added sugars and saturated fats. However, there are ways to make them healthier. Try these ideas: http://sm.eatright.org/soulfood #eatright

Don’t miss your chance to vote in the Academy’s 2019 National Election! Voting runs between February 1 and 15: http://sm.eatright.org/Academyelection #eatrightPRO

Millions of Americans struggle with an eating disorder. Learn more about the three main types of eating disorders and their health effects: http://sm.eatright.org/eatdisorders #eatright #NEDAwareness

Vote in the Academy’s National Election by February 15 and let your voice be heard! Here’s the full list of 2019 candidates: http://sm.eatright.org/Academyelection
February is American Heart Month

Heart disease is the leading cause of death in America for both men and women, and about 92 million people in the United States have some form of heart/cardiovascular disease. During American Heart Month — and all year long — spread awareness on how lifestyle choices can have a big impact on heart health.

The Academy has several resources to share with patients, clients and social media followers. Help them identify four important steps to a healthier heart. These include making healthy food choices, staying active, managing stress and not smoking.

Encourage people to follow a few simple heart-healthy cooking strategies for the entire family. Here is a useful resource that can help people limit saturated and trans fats, reduce sodium intake and eat foods containing omega-3 essential fatty acids.

During #AmericanHeartMonth, share your advice about making positive lifestyle changes to help prevent this disease.

Sample Social Media Posts

Smart #nutrition choices and an active lifestyle can have a big impact on your heart’s health! Follow these steps to be on your way to a healthier heart: http://sm.eatright.org/loveheartfood #eatright #AmericanHeartMonth

Love to cook? Follow these healthy #cooking tips to help lower your risk of heart disease: http://sm.eatright.org/hearthycook #eatright #AmericanHeartMonth

Many kids and adults eat too much sodium, which can eventually lead to #heartdisease and stroke. Follow these strategies to prepare heart-healthy meals for the entire family: http://sm.eatright.org/hlthyheartfamdinner #eatright #AmericanHeartMonth

Did you know heart disease is the leading cause of death in American women? Take care of your heart by choosing the right foods: http://sm.eatright.org/womeniHt #eatright #AmericanHeartMonth
March

Key Dates in March 2019

1st  Last day to submit nominations for the 2019 National Honors and Awards
1st  Last day to apply for the Academy’s Diversity Awards and Grants
6th  National Frozen Food Day
7th  National Cereal Day
8th  International Women’s Day
13th  Registered Dietitian Nutritionist Day
14th  International School Meals Day
14th  World Kidney Day
16th  National Artichoke Hearts Day
17th  St. Patrick’s Day
19th  National Poultry Day
26th  National American Diabetes Association Alert Day
26th  National Spinach Day
26th  Purple Day (Epilepsy awareness)
27th  National Spanish Paella Day
30th  National Doctor’s Day
March 11-17: Brain Awareness Week
National Colorectal Cancer Awareness Month
National Kidney Month
National Nutrition Month®

Talking Points

4 Types of Foods to Help Boost Your Memory (Brain Awareness Week)
Nutrition plays a major role in brain health! A growing body of evidence links foods, such as those in the Mediterranean diet, with better cognitive function, memory and alertness. [www.eatright.org/health/wellness/healthy-aging/memory-boosting-foods](http://www.eatright.org/health/wellness/healthy-aging/memory-boosting-foods)

- Vegetables, especially cruciferous ones including broccoli, cabbage and dark leafy greens, may help improve memory. Berries also are a rich source of anthocyanins and other flavonoids that may boost memory function.
- Omega-3 essential fatty acids may help improve memory in young adults. You can get this type of fat through seafood, especially fatty fish such as salmon, bluefin tuna, sardines and herring — as well as from fish oil, seaweed or microalgae supplements.
- Walnuts also are also high in omega-3 essential fatty acids. They are known to positively impact heart health and may also improve cognitive function.

Get to Know Your School Lunch Program (International School Meals Day)
In 1946, the National School Lunch Program was established to provide students access to nutritionally balanced meals. Today, thanks to the USDA’s Healthy, Hunger-Free Kids Act of 2010, school meal options look a lot like the [Dietary Guidelines for Americans](http://www.eatright.org/food/nutrition/eat-right-at-school/get-to-know-your-school-lunch-program), the government’s roadmap for nutritious eating. [www.eatright.org/food/nutrition/eat-right-at-school/get-to-know-your-school-lunch-program](http://www.eatright.org/food/nutrition/eat-right-at-school/get-to-know-your-school-lunch-program)

- School lunches have changed over the years, and research shows most students generally like them.
- Today’s school lunches support MyPlate, which includes filling half the plate with fruits and vegetables. Schools are becoming strategic about serving fruits and vegetables in kid-friendly ways, such as serving fruits and vegetables with dips or adding fruit into yogurt parfaits.
- More whole grains are being offered, in addition to leaner protein foods such as chicken, fish and plant-based sources. Nutritious drinks, such as low-fat and fat-free milk, are also served at schools.

Sample Social Media Posts

If you have kidney disease, a registered dietitian nutritionist can be a valuable resource! Learn more about an RDN’s role in treating this disease: [http://sm.eatright.org/kidneydisRDN #eatright #NationalKidneyMonth](http://sm.eatright.org/kidneydisRDN #eatright #NationalKidneyMonth)

**March 11-17:** Did you know #nutrition plays a major role in brain health? These four foods may help boost your memory: [http://sm.eatright.org/memoryboost #eatright #BrainAwarenessWeek](http://sm.eatright.org/memoryboost #eatright #BrainAwarenessWeek)

**March 13:** A registered dietitian nutritionist provides safe, realistic #nutrition advice that you can stick with for the long haul! Here are 10 reasons to visit an RDN: [http://sm.eatright.org/visitRDN #eatright #NationalNutritionMonth #RDNDay](http://sm.eatright.org/visitRDN #eatright #NationalNutritionMonth #RDNDay)

**March 14:** School meals have most likely changed since you were a student! Learn more about today’s school lunch program: [http://sm.eatright.org/shcllunchprogram #ISMD2019 #eatright](http://sm.eatright.org/shcllunchprogram #ISMD2019 #eatright)
Celebrate National Nutrition Month® this March!

Each March, the Academy celebrates National Nutrition Month®, an annual education and information campaign that helps people make informed food choices, develop sound eating and physical activity habits and use the expertise of registered dietitian nutritionists and nutrition and dietetics technicians, registered.

This year, National Nutrition Month® will be honored as its own theme, which allows the campaign to focus on its original purpose: “To increase the public’s awareness of the importance of good nutrition and position Academy members as the authorities in nutrition.”

On March 13, the Academy also will celebrate Registered Dietitian Nutritionist Day. Registered Dietitian Nutritionist Day and National Nutrition Month® promote the Academy and RDNs as the most valuable and credible sources of timely, scientifically-based food and nutrition information.

A celebration toolkit, handouts and tip sheets will be posted to the Academy’s websites in February. Share these resources, as well as healthful eating messages, on social media using the official hashtag #NationalNutritionMonth!

Sample Social Media Posts

Looking for ways to get involved in NationalNutritionMonth? Here are some ideas for schools, workplaces and grocery stores: http://sm.eatright.org/getinvolvedNNM #eatright

There are many fun, creative ways to celebrate NationalNutritionMonth! For inspiration, take a look at this helpful resource: http://sm.eatright.org/toolkitNNM #eatright

Did you know NationalNutritionMonth 2019 will be honored as its own theme? Learn more about the annual campaign: http://sm.eatright.org/NNM2019 #eatright

Registered Dietitian Nutritionist Day is March 13! Here are some ways to recognize RDNs in your organization and community: http://sm.eatright.org/RDNday2019 #RDNday #NationalNutritionMonth
Coming Soon:

April    National Preceptor Month
May      Food Allergy Action Month
June     Men’s Health Month

Follow the Academy on social media!

For professional news and updates:

Facebook: https://www.facebook.com/eatrightPRO
Twitter: https://twitter.com/eatrightPRO
LinkedIn: 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.