Talking Points

**Reduce Breast Cancer Risk (National Breast Cancer Awareness Month)**

During National Breast Cancer Awareness Month, learn how to reduce your risk by eating right and engaging in regular physical activity. While there is no guaranteed way to prevent breast cancer, a healthy lifestyle can help reduce your risk of developing it and boost your odds of a full recovery. [https://www.eatright.org/health/diseases-and-conditions/cancer/reduce-breast-cancer-risk](https://www.eatright.org/health/diseases-and-conditions/cancer/reduce-breast-cancer-risk)

- Foods high in dietary fiber, vitamins, minerals and phytonutrients may protect against some cancers. These foods include fruits, whole grains and legumes. Cruciferous and dark, leafy green vegetables also are good sources.
- Weight is closely connected with breast cancer risk, and engaging in regular physical activity promotes a healthy weight. Aim for at least 30 minutes of physical activity most days of the week.
- Alcohol intake is linked with breast cancer risk. If you are a female of legal age and choose to drink, limit your intake to no more than one serving of alcohol per day.

**Enjoy a Happy and Healthy Halloween**

This Halloween, serve treats that are both fun and nutritious! Halloween also is a great time to teach children about mindful eating and moderation. [https://www.eatright.org/health/lifestyle/holidays/enjoy-a-healthy-and-happy-halloween](https://www.eatright.org/health/lifestyle/holidays/enjoy-a-healthy-and-happy-halloween)

- Talk to kids about what it feels like to savor treats. Tell them how they might feel if they eat too much candy at once and explain the importance of spreading out candy over a period of time.
- If you’re handing out treats for trick-or-treaters, offer items such as whole-grain cheddar-flavored crackers, low-fat pudding cups, mini bags of pretzels or sugar-free gum.
- When hosting a Halloween party, remember food safety. Make sure perishable treats aren’t left at room temperature for more than two hours, or one hour if it’s above 90 degrees Fahrenheit. And don’t eat raw dough or batter when preparing treats!

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**Key Dates in October 2019**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st</td>
<td>World Vegetarian Day</td>
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<tr>
<td>4th</td>
<td>National Taco Day</td>
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<tr>
<td>6th</td>
<td>National Noodle Day</td>
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<td>7th</td>
<td>Child Health Day</td>
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<td>10th</td>
<td>World Mental Health Day</td>
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<td>11th</td>
<td>World Egg Day</td>
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<td>15th</td>
<td>National Mushroom Day</td>
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<tr>
<td>16th</td>
<td>World Food Day</td>
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<tr>
<td>22nd</td>
<td>National Nut Day</td>
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<tr>
<td>25th</td>
<td>World Pasta Day</td>
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<tr>
<td>29th</td>
<td>National Oatmeal Day</td>
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<tr>
<td>31st</td>
<td>Halloween</td>
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<tr>
<td>6-12</td>
<td>Mental Illness Awareness Week</td>
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<tr>
<td>12-20</td>
<td>Bone and Joint Action Week</td>
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</tbody>
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**26-29 Food & Nutrition Conference & Expo™**

Health Literacy Month
International Walk to School Month
National Apple Month
National Breast Cancer Awareness Month
National Bullying Prevention Month
National Dental Hygiene Month
National Liver Awareness Month
National Pasta Month
National Seafood Month
Sudden Cardiac Arrest Awareness Month
Vegetarian Awareness Month

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**Sample Social Media Posts**

**During National #BreastCancer Awareness Month, learn how to reduce your risk by eating right and engaging in regular physical activity:**

[https://sm.eatright.org/brcstcanrisk #eatright](https://sm.eatright.org/brcstcanrisk #eatright)

**#Halloween is a great time to teach kids about balance and mindful eating! Here are ways to have a happy and healthy celebration:**

[https://sm.eatright.org/halloween #eatright](https://sm.eatright.org/halloween #eatright)

**Apples are great in sandwiches! In honor of #NationalAppleMonth, try this Tuna-Apple Sandwich #recipe:**

[https://sm.eatright.org/tunaapple #eatright](https://sm.eatright.org/tunaapple #eatright)

Do you have proven skills and leadership to further the nutrition and dietetics profession? November 1 is the last day to apply or submit nominations for Academy leadership positions on the 2020 national ballot:

[https://sm.eatright.org/elections #eatrightPRO](https://sm.eatright.org/elections #eatrightPRO)

Are you submitting a session proposal for #FNCE 2020? Here are ways to increase the odds of it getting accepted:

[https://sm.eatright.org/FNCEsessionadvice #eatrightPRO](https://sm.eatright.org/FNCEsessionadvice #eatrightPRO)
Attend FNCE® in Philadelphia!

This October, don’t miss your chance to attend the Food & Nutrition Conference & Expo™ with fellow nutrition and dietetics professionals. More than 10,000 registered dietitian nutritionists, nutrition and dietetics technicians, registered, nutrition science researchers, policymakers, health care providers and industry leaders attend this annual meeting.

By attending FNCE®, you’ll have the opportunity to stay up to date on the latest in the profession, while earning a minimum of 20.5 CPEUs. Some of the educational session topics include gut health, nutrition through the life cycle, behavioral health, eating disorders and disordered eating, and culture and diversity. About 95 percent of the sessions are Level 2 and Level 3, and are presented by content experts.

In addition to educational and career advancement opportunities, FNCE® is a great time to network, connect with friends and attend fun events. Take a look at the program to learn more about this year’s speakers, pre-FNCE® events, expo, learning lounge and more!

You can promote FNCE® by using our social media toolkit. Our sample messaging and shareable GIFs and images can be downloaded or posted directly to your social media pages. Be sure to use the official hashtag #FNCE to join the conversation and help spread the word!

Sample Social Media Posts

This year’s FNCE educational programming covers the hottest topics and innovations of the profession! Learn more about the sessions, speakers and special programs: http://sm.eatright.org/program #eatrightPRO

Looking for RDNCPES? A variety of opportunities are available at FNCE! Learn more: https://sm.eatright.org/FNCEcpeu #eatrightPRO

There’s still time to register for FNCE! Don’t miss out on the exciting educational sessions, networking and career advancement opportunities: https://sm.eatright.org/registrationFNCE #eatrightPRO

Did you know the Academy Foundation hosts several events at FNCE? Learn more about this year’s Gala and other exciting happenings: https://sm.eatright.org/FNCEschedule #eatrightPRO
Key Dates in November 2019

1st  Nominations for Diversity Awards and Grants open
1st  Nominations for Membership Promotion Grant open
1st  Nominations for National Honors and Awards open
1st  World Vegan Day
3rd  National Sandwich Day
6th  National Nachos Day
9th  National Greek Yogurt Day
14th  World Diabetes Day
18th  National Apple Cider Day
20th  FNCE® 2020 Call for Sessions closes
23rd  National Eat a Cranberry Day
28th  Thanksgiving
24-30 Gastroesophageal Reflux Disease (GERD) Awareness Week

Diabetic Eye Disease Month
Lung Cancer Awareness Month
National Diabetes Month
National Family Caregivers Month

Talking Points

Quick Guide to Eating Right While Traveling in the U.S.
Thanksgiving is one of the busiest travel times of the year! Before you go, review these ways to eat right while traveling within the United States. [https://www.eatright.org/health/lifestyle/travel/quick-guide-to-eating-right-while-traveling-in-the-us](https://www.eatright.org/health/lifestyle/travel/quick-guide-to-eating-right-while-traveling-in-the-us)

- Pack foods with care and keep food safety in mind. Keep cold foods in coolers with frozen gel packs or ice. Avoid traveling with food that is meant to stay hot unless you have a portable heating unit that can be used safely.
- At gas stations and airport terminals, look for healthful snacks such as part-skim mozzarella cheese sticks, fruit cups or pre-cut vegetables.
- To save money and always have nutritious choices on hand, pack your own snacks. Some non-perishable options are whole or dried fruit, nut butters and trail mix.

How an RDN Can Help with Diabetes (National Diabetes Month)
For individuals with diabetes, choosing nutritious foods and watching portion sizes helps to control blood sugar levels. A registered dietitian nutritionist can help people with diabetes learn how to get the nutrients they need. [https://www.eatright.org/health/diseases-and-conditions/diabetes/how-an-rdn-can-help-with-diabetes](https://www.eatright.org/health/diseases-and-conditions/diabetes/how-an-rdn-can-help-with-diabetes)

- Registered dietitian nutritionists treat Type 2 diabetes with medical nutrition therapy, or MNT. This includes a nutrition diagnosis as well as therapeutic and counseling services to help manage diabetes. Many insurance plans cover MNT for diabetes.
- A registered dietitian nutritionist will discuss a variety of nutrition approaches to help manage diabetes. Examples include carbohydrate counting, simplified food lists and building healthful meal plans.
- The length of a visit with an RDN may vary. The first visit typically lasts 45 to 90 minutes. Patients or clients may need another three to four visits over the course of three to six months.

Sample Social Media Posts

Whether you’re traveling by plane, train or car for the #holidays, use these tips to #eatright on your trip! [https://sm.eatright.org/travelUS](https://sm.eatright.org/travelUS)

For people who have Type 2 #diabetes, a registered dietitian nutritionist can help with getting the proper nutrients. Here’s what to expect when visiting an RDN: [https://sm.eatright.org/diabRDN #eatright #NationalDiabetesMonth](https://sm.eatright.org/diabRDN #eatright #NationalDiabetesMonth)

If indigestion occurs frequently, it could be indicative of gastroesophageal reflux disease! Learn more about #GERD and how certain foods can cause flare-ups: [https://sm.eatright.org/GERDwhatis #eatright](https://sm.eatright.org/GERDwhatis #eatright)

Want to present at #FNCE 2020 in Indianapolis? Use these guidelines to submit an abstract by November 20: [https://sm.eatright.org/FNCEpresent #eatrightPRO](https://sm.eatright.org/FNCEpresent #eatrightPRO)

The Academy offers several awards and grants to support the diverse growth of the profession! Applications open November 1: [https://sm.eatright.org/diversityaward #eatrightPRO](https://sm.eatright.org/diversityaward #eatrightPRO)
November is National Diabetes Month.

More than 30 million Americans are estimated to have diabetes, both diagnosed and undiagnosed. This November, take time to educate your patients and clients and share how good nutrition can make an impact in controlling Type 2 diabetes.

Some of the Academy’s resources include information about understanding diabetes, managing diabetes through good nutrition, the importance of physical activity and diabetes, and incorporating carbohydrates in a healthful way. We also have an article that explains how a registered dietitian nutritionist is vital to diabetes management.

In addition, the Academy has some helpful resources for patients and clients. Choose Your Foods: Food Lists for Diabetes is an updated booklet for meal planning, expanded food lists, and eating and physical activity tips for managing diabetes.

Diabetes Guide to Enjoying Foods of the World helps people with diabetes enjoy all the flavors of the world while still following a healthy meal plan. The guide covers 11 popular global cuisines, including Chinese, Cuban, French, Greek, Indian, Italian, Japanese, Mexican, Moroccan, Peruvian and Thai.

Throughout November, use #NationalDiabetesMonth on social media.

Sample Social Media Posts

Did you know physical activity may help delay the onset of Type 2 diabetes and improve diabetes control? Learn the importance of physical activity with this disease: https://sm.eatright.org/diabetesexercise #eatright #NationalDiabetesMonth

While food poisoning can affect anyone, those with diabetes are more sensitive and have an increased risk for getting sick. Here are ways to reduce your risk: https://sm.eatright.org/diabetesHFS #eatright #NationalDiabetesMonth

Looking for ways to enjoy global cuisines with diabetes? This resource shows you how: https://sm.eatright.org/diabfoodsofworld #eatright #NationalDiabetesMonth

Along with proper medication and physical activity, managing diabetes requires balancing the foods you eat. Here are some helpful tips: https://sm.eatright.org/diabetesER #eatright #NationalDiabetesMonth
**December**

**Key Dates in December 2019**

1st National Eat a Red Apple Day  
1st World AIDS Day  
4th National Cookie Day  
6th National Gazpacho Day  
13th National Cocoa Day  
13th National Popcorn String Day  
25th Christmas Day  
31st National Champagne Day  
31st New Year’s Eve  
1-7 National Handwashing Awareness Week  
22-30 Hanukkah  
Dec. 26-Jan. 1: Kwanzaa  
National Pear Month  
National Stress-Free Family Holiday Month  
Worldwide Food Service Safety Month

**Talking Points**

**Nutrition Tips to Keep the Immune System Strong for People with HIV-AIDS (World AIDS Day)**

Whether you have just been diagnosed, show no signs of illness or are in a more challenging stage of HIV, good nutrition can help keep your body and immune system strong. [https://www.eatright.org/health/diseases-and-conditions/hiv-aids/nutrition-tips-to-keep-the-immune-system-strong-for-people-with-hiv-aids](https://www.eatright.org/health/diseases-and-conditions/hiv-aids/nutrition-tips-to-keep-the-immune-system-strong-for-people-with-hiv-aids)

- Eating well can help minimize symptoms associated with HIV and lessen the side effects of medications.
- Individual needs should always be taken into consideration for those with HIV and AIDS. However, general healthful eating patterns are a good place to start. These include adding protein to every meal, being vigilant about food safety and eating a variety of vitamin- and mineral-rich foods.
- Diarrhea, nausea, vomiting, sore mouth and taste changes are common issues that can develop with HIV and may make eating difficult. If any of these occur, meet with a registered dietitian nutritionist.

**Hand-Washing (National Handwashing Awareness Week)**

In honor of National Handwashing Awareness Week, help keep yourself and those around you healthy with these tips! [https://www.eatright.org/homefoodsafety/four-steps/wash/hand-washing](https://www.eatright.org/homefoodsafety/four-steps/wash/hand-washing)

- Always wash hands before handling, preparing or eating food, and when feeding children or older adults.
- Wet hands with running water and apply soap. Spend at least 20 seconds washing your hands, which is about the time it takes to sing the song “Happy Birthday” twice. Dry your hands with disposable paper towels, a clean cloth towel or allow them to air-dry.
- In the kitchen, wash hands after you prepare or handle raw foods and egg products, use the restroom, switch food preparation tasks, or handle garbage or dirty dishes.

**Sample Social Media Posts**

Poached Pears with Caramel Sauce is a delicious treat to enjoy during #NationalPearMonth! Get the #recipe: [https://sm.eatright.org/poachedpear #eatright](https://sm.eatright.org/poachedpear #eatright)

December 1: Nutrition is a valuable tool for people with HIV-AIDS. Here are ways to help keep the immune system strong by eating well: [https://sm.eatright.org/hivaidssaui #eatright #WorldAIDSDay](https://sm.eatright.org/hivaidssaui #eatright #WorldAIDSDay)

Proper hand-washing can help reduce food poisoning and decrease the spread of the common cold and flu! Keep yourself and those around you safe with these tips: [https://sm.eatright.org/handwash #eatright](https://sm.eatright.org/handwash #eatright)

The Academy’s National Honors and Awards recognize outstanding food and nutrition practitioners and supporters of the profession. Begin your nomination: [https://sm.eatright.org/honorawards #eatrightPRO](https://sm.eatright.org/honorawards #eatrightPRO)

The Academy offers a variety of convenient, engaging educational opportunities all year long! Learn more about these resources: [https://sm.eatright.org/memberCPE #eatrightPRO](https://sm.eatright.org/memberCPE #eatrightPRO)
Help your patients and clients have a happy and healthy holiday season.

The holidays are a time for family, friends and, of course, delicious food! During the celebration, it’s easy to forget about healthful eating and physical activity habits. Americans gain one to two pounds during the holiday season. While this doesn’t sound like a lot, research shows it adds up over the years.

Luckily, there are plenty of resources to share with your patients and clients. Here are tips for enjoying the holidays while maintaining a healthy weight. During the holidays, parents can cook with kids to teach them about nutrition! This article lists appropriate kitchen tasks for children by age.

Food safety also is an important part of holiday meals. Share resources that address preparing meals for guests with dietary restrictions. Other helpful materials include this list of holiday food safety practices and ways to create new, healthy spins on holiday traditions.

Throughout the holiday season, give the gift of great nutrition tips!

Sample Social Media Posts

Do any of your holiday guests have dietary restrictions? Use these strategies to prepare a healthful meal that everyone can enjoy: https://sm.eatright.org/holidaydietrestrict #eatright

During the holidays, remember foodsafety basics! Follow these tips to properly handle food and reduce your risk of food poisoning: https://sm.eatright.org/holidayguestsHFS #eatright

Contrary to popular belief, you can enjoy the holidays without gaining weight! Use these tips to keep good nutrition in mind during the holiday season: https://sm.eatright.org/weightinholidays #eatright

The holidays are a great time to teach kids about cooking and nutrition! Here are age-appropriate tasks kids can do in the kitchen: https://sm.eatright.org/cookwkids #eatright #kidseatright
Coming Soon:

January  National Healthy Weight Awareness Month
February  Academy National Election
March   National Nutrition Month®

Follow the Academy on social media!

For professional news and updates:
- Facebook: https://www.facebook.com/eatrightPRO
- Twitter: https://twitter.com/eatrightPRO
- LinkedIn: https://www.linkedin.com/company/eatrightpro/
- YouTube: https://www.youtube.com/user/EatRightPROtv
- Twitter: https://twitter.com/eatrightFNCE
- Instagram: https://www.instagram.com/eatright_PRO/

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
- Pinterest: https://www.pinterest.com/kidseatright/

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.