

# Media Guide

2022-2023

[eatrightPRO.org/media](https://eatrightPRO.org/media)



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Addressing the national epidemic of childhood obesity... Deciphering the latest fad diets, apps and trends... Packing a healthy lunch for the children... Eating gluten-free... Food allergies... Food safety... Sports nutrition... Culture-specific nutrition...

If you are working on any type of food and nutrition story, the Academy of Nutrition and Dietetics — the world's largest organization of food and nutrition professionals — is your best source for accurate, credible and timely food and nutrition information.

# Contact Us

The Academy's Strategic Communications Team is available to help with everything from providing background information to arranging an interview with a national Academy Spokesperson.

Email: [media@eatright.org](mailto:media@eatright.org)

Website: [eatrightPRO.org/media](http://eatrightPRO.org/media)

Phone: 800/877-1600

*Media Relations Manager:* Lydia Hall, ext. 4769

# Social Media

## Facebook

Eat Right Nutrition: [facebook.com/EatRightNutrition](https://facebook.com/EatRightNutrition)

Kids Eat Right: [facebook.com/KidsEatRight](https://facebook.com/KidsEatRight)

## Instagram

eatrightPRO: [instagram.com/eatright\\_PRO](https://instagram.com/eatright_PRO)

## LinkedIn

Organization page: [linkedin.com/company/eatrightpro](https://linkedin.com/company/eatrightpro)

## Pinterest

Kids Eat Right: [pinterest.com/KidsEatRight](https://pinterest.com/KidsEatRight)

## Twitter

Eat Right Nutrition: [twitter.com/EatRight](https://twitter.com/EatRight)

Food & Nutrition Conference & Expo™:

[twitter.com/EatRightFNCE](https://twitter.com/EatRightFNCE)

Kids Eat Right: [twitter.com/KidsEatRight](https://twitter.com/KidsEatRight)

## YouTube

Eat Right TV: [youtube.com/EatRightTV](https://youtube.com/EatRightTV)

Kids Eat Right: [youtube.com/KidsEatRight](https://youtube.com/KidsEatRight)

## 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: *RDN*.

*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.

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.

In 2013, to strengthen the link between the *science of the nutrition and dietetics profession* 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 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 credentials 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' 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, [eatright.org](https://eatright.org), which contains a wealth of science-based information and advice for the public on eating well and optimizing health.

### Features of [eatright.org](https://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 chronic conditions 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 caregivers
- 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.

### Features of [eatrightPRO.org/media](https://eatrightPRO.org/media) include:

Dedicated to health care professionals, part of the Academy's [eatrightPRO.org](https://eatrightPRO.org) website includes a media section designed to be particularly valuable to journalists. Visit regularly for news releases, press kits and other media materials including:

- Downloadable PDF of this *Media Guide*
- Academy Spokespeople bios
- Academy position papers
- Media materials for National Nutrition Month® (March), 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 2022-2023 Spokespeople along with their top areas of expertise. Additional areas of expertise can be found in the index beginning on [page 55](#).

*Please note:* Spokespeople's employment affiliations are provided in this guide for information purposes only. Spokespeople conduct interviews on behalf of the Academy and should always be identified as *a registered dietitian nutritionist and a Spokesperson for the Academy of Nutrition and Dietetics*.

# Who We Are, What We Do

## What is the Academy of Nutrition and Dietetics?

The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving the nation's health and advancing the profession of nutrition and dietetics through research, education and advocacy. The Academy was founded as the American Dietetic Association in Cleveland, Ohio, in 1917 by a visionary group of women who were dedicated to helping the government conserve food and improve the public's health and nutrition during World War I. The Academy changed its 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 and value of diverse nutrition and dietetics practitioners to the public*
- *Position registered dietitian nutritionists as **the** experts in food and nutrition*
- *Expand workforce demand and capacity*
- *Incorporate research, professional development, technology and practice to foster innovation and discovery*
- *Collaborate with key stakeholders to solve the greatest food and nutrition challenges, now and in the future*
- *Focus on making a system-wide impact across the food, well-being and health care sectors*
- *Have a global impact in eliminating all forms of malnutrition.*

## Websites

[eatright.org](http://eatright.org)  
[eatrightPRO.org](http://eatrightPRO.org)  
[eatrightSTORE.org](http://eatrightSTORE.org)  
[eatrightFNCE.org](http://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 2022-2023

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 113-member [House of Delegates](#).

*President:* Ellen Shanley, MBA, RDN, CDN, FAND

*President-elect:* Lauri Wright, PhD, RDN, LD, FAND

*Speaker of the House:* Ainsley Malone, MS, RDN, LD, FAND

*Chief Executive Officer:* Patricia M. Babjak, MLIS

## Membership

Approximately 72% of the Academy's members are registered dietitian nutritionists and 2% are nutrition and dietetics technicians, registered. Other members include allied health professionals, educators, researchers and students. More than half of all Academy members hold advanced academic degrees. Academy members represent a wide range of practice areas and interests including public health, nutrition counseling, foodservice management, restaurants, grocery stores and chains, hospitals and long-term care facilities, education systems, education of other health care professionals and scientific research.

## Affiliate Associations

Fifty state dietetic associations, plus the District of Columbia, Puerto Rico and the International Affiliate of the Academy of Nutrition and Dietetics, are affiliated with the Academy. Within these groups, there are about 230 district associations.

## What is a Registered Dietitian Nutritionist?

A [registered dietitian nutritionist](#) is a food and nutrition expert who has met academic and professional requirements including:

- Earn a minimum of a bachelor's degree with course work accredited or 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
- Complete an accredited, supervised, experiential practice program at a health care facility, community agency or foodservice corporation
- Pass a national examination administered by the Commission on Dietetic Registration
- Complete 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, prisons, 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 of more than 600 undergraduate and graduate coordinated, didactic, dietetics technician and supervised practice programs in nutrition and dietetics, 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 2022 [Food & Nutrition Conference & Expo™](#) will be held October 8 to 11 at the Orange County Convention Center in Orlando, Fla. 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 100 research and educational sessions. Exhibitors will showcase new consumer food products and nutrition education materials. Media are encouraged to attend and cover FNCE® in person, but a virtual option will be available to all. Media credentials and conference registration are available for working members of the press employed by established news organizations and qualified bloggers. For more information on covering the Academy's Food & Nutrition Conference & Expo™, including who is eligible for media credentials, visit [eatrightFNCE.org/attendee-info/press-room-guidelines](https://eatrightFNCE.org/attendee-info/press-room-guidelines).

## Future FNCE® Dates

October 7-10, 2023: Denver, Colo.

October 5-8, 2024: Minneapolis, Minn.

October 11-14, 2025: Nashville, Tenn.

## National Nutrition Month®, Registered Dietitian Nutritionist Day and Nutrition and Dietetics Technician, Registered 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 8, 2023. Starting in 2023, the Academy will celebrate Nutrition and Dietetics Technician, Registered Day, honoring the contributions and experience of NDTRs in the delivery of safe, culturally competent, quality food and nutrition services. NDTR Day will be celebrated on March 9, 2023.

## Government and Public Policy

The Academy's Policy Initiatives and Advocacy Team, 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 medical nutrition therapy, food insecurity, vitamins and supplements, vegetarian nutrition and weight management. Position Papers are derived from the latest available research and facts. Academy Position Papers are available for download at [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 [jandonline.org](#). The *Journal* is published monthly in both print and electronic formats (including the *Journal's* app) and also publishes various articles online in advance of the print issue as Articles in Press at [jandonline.org/inpress](#). 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 ([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 [eatright.org/for-kids](#) and [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 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, reprintable articles, social media resources and handouts at [eatrightPRO.org/media/multimedia-news-center/kids-eat-right-month-media-materials](#).

# Top Reasons to Consult an RDN

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

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

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

Since your stomach can only manage small servings after surgery, it's tricky to get the nutrients that your body needs. As a part of your health care team, an RDN helps you make changes to your eating plan without settling for less taste.

## You Have Digestive Problems

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

## You're Pregnant, Trying to Get Pregnant or a New Mom

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

## You Have Celiac Disease

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

## You or Your Child Is Experiencing Disordered Eating

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

## You're Caring for an Aging Parent

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

## You Want Practical Lifestyle Advice

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

## You Want to Improve Your Performance in Sports

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

## You Realize the Need to Feed Your Family Healthier Foods but You Do Not Cook

A registered dietitian nutritionist can teach you how to plan and prepare meals in a simple, healthful and convenient way.



## Academy's Healthful-Eating Messages

- For trusted, accurate, timely and practical nutrition information, seek the advice of a registered dietitian nutritionist.
- Through their education, knowledge and experience, RDNs specialize in translating nutrition science into practical advice.
- Credentialed nutrition and dietetics practitioners use the best available science to develop personalized healthful eating recommendations for all people at every stage of life.
- Among many valuable health services, an RDN can help you manage chronic diseases; set realistic goals for yourself and your family; and achieve your optimal athletic performance.
- There is no one-size-fits-all approach to healthful eating. Good nutrition is a lifelong process. The foundation of a healthful lifestyle is a pattern of eating nutrient-rich foods in appropriate portion sizes, combined with regular physical activity.
- People are not all alike and one size does not fit all when it comes to planning and achieving a healthful eating style. What may be the best approach for one person may not be the answer for another.
- A registered dietitian nutritionist is the expert source for customizing an eating plan based on a person's health status, culture and personal preferences.
- The base of most healthy people's eating plans should be a variety of fruits, vegetables, whole grains, lean protein foods and low-fat or fat-free dairy.
- There is no better time than the early years to make an impact on the lifelong eating and physical activity habits that contribute to health maintenance and disease prevention.
- Parental involvement is a key component of children's nutrition.
- Parents can teach their children about healthful foods, practice what they teach and make sure physical activity is incorporated into each day.
- Visit [eatright.org](https://eatright.org) to find a nutrition expert near you.

## The 10 Red Flags of Junk Science

With several other health professional organizations, the Academy of Nutrition and Dietetics is a member of the Food and Nutrition Science Alliance. FANSA has compiled a checklist to help consumers evaluate nutrition science and product claims.

### Be wary of:

1. Recommendations that promise a quick fix.
2. Dire warnings of danger from a single product or regimen.
3. Claims that sound too good to be true.
4. Simplistic conclusions drawn from a complex study.
5. Recommendations based on a single study.
6. Statements refuted by reputable scientific organizations.
7. Lists of "good" and "bad" foods.
8. Recommendations made to help sell a product.
9. Recommendations based on studies that are not peer reviewed.
10. Recommendations from studies that ignore differences among individuals or groups.

# Commonly Used Nutrition and Dietetics Abbreviations and Credentials

**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

**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

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

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

**NWCC:** Nutrition Wound Care Certified

**PhD:** Doctor of Philosophy

**RD:** Registered Dietitian

**RD-AP:** Registered Dietitian-Advanced Practitioner in Clinical Nutrition

**RDN:** Registered Dietitian Nutritionist

**RDN-AP:** Registered Dietitian Nutritionist-Advanced Practitioner in Clinical Nutrition

**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 cultural 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 [eatrightSTORE.org](https://eatrightstore.org). Media can request review copies by calling 800/877-1600, ext. 4769.*

# Academy Spokespeople

## 2022-2023





## Rahaf Al Bochi

RDN, LDN

### Areas of Expertise:

- Diabetes
- Disease Prevention
- Maternal and Prenatal Nutrition
- Mindful/Intuitive Eating
- Women's Nutrition

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



## Sue-Ellen Anderson-Haynes

MS, RDN, CDCES, LDN, NASM-WFS CPT

### Areas of Expertise:

- Diabetes
- Maternal and Prenatal Nutrition
- Obesity and Weight Management
- Vegetarian and Vegan Nutrition
- Women's Nutrition

Anderson-Haynes is the founder and owner of a private practice specializing in a holistic health and wellness for girls and women and is the co-creator of an app that helps to connect registered dietitian nutritionist to clients based on culture. She is certified in adult weight management, is a certified personal trainer and a certified diabetes care and education specialist. Anderson-Haynes' previously served as a lead dietitian in the pregnancy clinic and the Why WAIT (Weight Achievement and Intensive Treatment) program at Joslin Diabetes Center and worked as a bariatric dietitian at Boston Medical Center Hospital. Anderson-Haynes is a graduate of the University of Florida and earned a master's degree from Andrews University.



## Yasi Ansari

MS, RD, CSSD

### Areas of Expertise:

- Disease Prevention
- Medical Nutrition Therapy
- Sports Nutrition and Fitness
- Wellness Nutrition
- Women's Nutrition

Ansari is the owner of a consulting practice specializing in nutrition for sports performance and wellness. In addition, she works with adolescents diagnosed with eating disorders at the University of California, Los Angeles. Ansari is a member of the Academy's Sports and Human Performance Nutrition dietetic practice group. She collaborates with the Athletes and the Arts initiative to help create educational content for performing arts athletes and co-hosts the *Athletes and the Arts* podcast. Ansari is a graduate of UCLA and earned a master's degree from California State University – Northridge.



## Sandra Arévalo

MPH, RDN, CDN, CLC, CDCES, FAND

### Areas of Expertise:

- Behavior and Lifestyle Modification
- Breastfeeding
- Cultural Foods/Cultural Competency
- Diabetes
- Food Insecurity

Arévalo is the director of community health and wellness and administrative director of the Jacob's Family Pride Wellness Center at Montefiore Nyack Hospital. A native Spanish speaker, she is an expert on Latino culture, diversity 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 diabetes. 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.



## Lena Beal

MS, RDN, LD

### Areas of Expertise:

- Cardiovascular Nutrition
- Enteral Nutrition
- Malnutrition
- Medical Nutrition Therapy
- Weight Management

Beal is a cardiovascular dietitian at Piedmont Atlanta Hospital and an author and public speaker. She has experience in food science research, critical care nutrition, sports nutrition and policy. Beal served eight years as the legislative chair for both the Greater Atlanta and Georgia Academy of Nutrition and Dietetics. Beal's affiliations include the Georgia SHAPE Advisory Council, Girl Scouts of Greater Atlanta, the Junior League of Atlanta and the Society of Nutrition Education and Behavior Review Board. Beal is a graduate of Southern University and A&M College and earned a master's degree from Colorado State University.



## Amy Bragagnini

MS, RD, CSO

### Areas of Expertise:

- Cancer Nutrition
- Fast food/Dining Out
- Gastrointestinal Nutrition
- Mindful/Intuitive Eating
- Women's Nutrition

Bragagnini is the clinical oncology dietitian at Mercy Health Lacks Cancer Center. She is a board-certified specialist in oncology nutrition and provides personalized nutrition therapy for patients undergoing treatment for cancer. Bragagnini works in the outpatient radiation oncology/medical oncology departments as well as the inpatient oncology unit. She also holds a position at the Women's Health Collective where she offers education and nutrition counseling for women with health concerns. Bragagnini earned an undergraduate degree from Tri-State University and earned a master's degree from Central Michigan University.



## Jennifer Bruning

MS, RDN, LDN

### Areas of Expertise:

- Corporate Wellness/Worksite Nutrition
- Elderly Nutrition/Gerontology
- Gardening and Food Preservation
- Global Foods and Meal Preparation
- Recipe Development and Makeovers

Bruning is the director of Nutrition and Brand Innovation at Incite Strategic Partners, a senior living group purchasing organization. Her previous roles have included nutrition strategist at the corporate restaurant management and catering company Guckenheimer; general manager of food and nutrition services for Sodexo's health care division; adjunct professor of nutrition at Columbia College Chicago; and clinical dietitian for ManorCare Health Services. Bruning is a graduate of Saint Louis University and earned a master's degree from Colorado State University.



## Grace Derocha

MBA, RD, CDCES

### Areas of Expertise:

- Cardiovascular Nutrition
- Diabetes
- Health Coaching
- Obesity and Weight Management
- Wellness Nutrition

Derocha is a registered dietitian nutritionist health coach at Marquee Health and owns a private practice providing nutrition counseling and health coaching. She previously was a certified diabetes educator at St. John Children's Center in Detroit and the Detroit Area Agency on Aging. Derocha is a fitness instructor and former dancer. She earned bachelor's degrees in dietetics and psychology from Michigan State University and a master's degree from Wayne State University.



## Roxana Ehsani

MS, RD, CSSD, LDN

### Areas of Expertise:

- Disease Prevention
- Healthful Shopping
- International/Global Nutrition
- Recipe Development and Makeovers
- Sports Nutrition and Fitness

Ehsani is a board-certified specialist in sports dietetics with experience in retail food nutrition. She is the sports performance dietitian for the Inter Miami CF, a major league soccer team. Ehsani is a member of the Academy's Food and Culinary Professionals and Sports and Human Performance Nutrition dietetic practice groups. Fluent in German and intermediate in Spanish, Ehsani is a graduate of Virginia Tech University and earned a master's degree from the University of Pittsburgh.



## 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. 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 former member of U.S. Rep. Robert Wittman's (Va.) Health Advisory Council. She is a member of the Academy's Nutrition Entrepreneurs, Food and Culinary Professionals, Dietitians in Integrative and Functional Medicine and Behavioral Health Nutrition dietetic practice groups. Farrell Allen is a graduate of the University of Illinois and earned a master's degree from Rosalind Franklin University of Medicine and Science.





## Theresa Gentile

MS, RDN, CDN

### Areas of Expertise:

- Cardiovascular Nutrition
- Enteral Nutrition
- Family Nutrition
- Metabolism
- Weight Management

Gentile is the coordinator of the home enteral nutrition program at Maimonides Medical Center. She owns a nutrition consulting practice where she focuses on cardiac health and weight management by improving women's metabolism. Gentile previously served as an adjunct faculty member at CUNY Brooklyn College. She earned the Distinguished Dietitian of the Year Award from the Greater New York Dietetic Association and is a co-chair of its private practice and cultural foods committees. Gentile earned undergraduate and master's degrees from CUNY Brooklyn 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. She has more than 25 years of experience and is a member of the Academy's Diabetes dietetic practice group. Kimberlain has contributed her expertise to public health initiatives including childhood obesity, diabetes and family health. Kimberlain earned bachelor's degrees in nutrition and Spanish from Florida State University.



## Emma Laing

PhD, RDN, LD, FAND

### Areas of Expertise:

- Mindful/Intuitive Eating
- Nutrition and Dietetics Profession
- Osteoporosis
- Research Review and Analysis
- Vitamin D

Laing is a clinical professor and director of the didactic program in dietetics at the University of Georgia. She has held national, state and local leadership roles in professional organizations and has received awards for excellence in teaching, mentoring and service to the media. Laing's work focuses on determining the efficacy of non-diet approaches to improve health and well-being, and her courses likewise challenge diet culture and incorporate the negative effects of weight stigma on health. Laing graduated from the University of Delaware and earned master's and doctoral degrees from the University of Georgia.



## 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 in the department of nutrition and dietetics at Saint Louis University where she teaches advanced nutrition, foundations in nutrition and innovation in dietetics practice. Her research and clinical practice center on nutrition care for the transgender community. Linsenmeyer is a member of the Academy's Research and Nutrition and Dietetic Educators and Preceptors dietetic practice groups. She is a graduate of Saint Louis University where she earned a master's degree in nutrition and culinary entrepreneurship and a doctorate in higher education administration.



## Melissa Majumdar

MS, RD, CSOWM, LDN

### Areas of Expertise:

- Bariatric/Weight Loss Surgery
- Obesity and Weight Management
- Sports Nutrition and Fitness
- Stress and Emotional Eating
- Weight Loss

Majumdar is the bariatric coordinator at Emory University Hospital Midtown and focuses on the care of bariatric surgery patients. She is the chair of the Integrated Health Planning Committee for the American Society for Metabolic and Bariatric Surgery and speaks at national conferences on bariatric surgery and quality improvement. Majumdar is co-editor of the *Academy of Nutrition and Dietetics Pocket Guide to Bariatric Surgery (3rd ed.)* and a certified specialist in obesity and weight management. A former college athlete, Majumdar has experience as a personal trainer and helping athletes maximize their performance. She is a graduate of the University of Illinois at Urbana-Champaign and earned a master's degree from Northeastern University.



## Isabel Maples

MEd, RDN

### Areas of Expertise:

- Bariatrics/Weight Loss Surgery
- Calcium
- Culinary/Food Preparation
- Dietary Guidelines for Americans
- Food Safety

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



## John "Wesley" McWhorter

DrPH, MS, RD, LD, CSCS

### Areas of Expertise:

- Behavior and Lifestyle Modification
- Culinary/Chef
- Fad Diets
- Food Insecurity
- Nutrition Education for Physicians

McWhorter is an assistant professor in health promotion and behavioral sciences and 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 School of Public Health. He is a professional chef, a certified strength and conditioning specialist, cookbook author and podcaster. McWhorter graduated from the Florida Culinary Institute and earned a bachelor's degree from Kansas State University, a master's degree from the University of Texas Medical Branch and a doctorate from The University of Texas Health Science Center.



## Caroline Passerello

MS, RDN, LDN

### Areas of Expertise:

- Children's Nutrition
- Eating on a Budget
- Food Labels/Label Reading
- Healthful Shopping
- Nutrition Information for Consumers

Passerello is a full-time faculty member in the Future Education Model - Graduate Program at the University of Pittsburgh and co-author of *Human Nutrition: Science for Healthy Living (3rd ed.)*. Passerello was a retail dietitian for eight years and serves on the advisory group for the Academy's Retail Nutrition Food as Medicine Feasibility Study. Her teaching focuses on the principles of education, community and public health nutrition connections, personal and professional development and entrepreneurial skills for registered dietitian nutritionists. Passerello earned undergraduate and master's degrees from the University of Pittsburgh. She is pursuing a doctorate in education with a focus on how educators develop and assess student's' ability to demonstrate cultural competence.



## Debbie Petitpain

MS, RDN, LDN

### Areas of Expertise:

- Cultural Foods/Cultural Competency
- Disease Prevention
- Fad Diets
- Food Insecurity
- Vegetarian/Vegan Nutrition

Petitpain is the chief operating officer for Synergy Health Tech, using metrics and data to advance health equity. In her previous position as the wellness director in the Office of Health Promotion at the Medical University of South Carolina, Petitpain developed the university's first culinary health class to teach future clinicians how to prepare healthful food. She created one of the nation's first hospital-based, summer feeding programs that provides free meals for children during summer break, for which she was honored with a "Hero of Everyday Life" award from the Sodexo Foundation in 2016. Petitpain is a graduate of the College of Charleston and earned a master's degree from Boston University.



## Angel Planells

MS, RDN, CD, FAND

### Areas of Expertise:

- Aging and Nutrition
- Behavior and Lifestyle Modification
- Elderly Nutrition/Gerontology
- Men's Nutrition
- Obesity and Weight Management

Planells is the owner of a private practice/consulting firm. He is a former president of the Washington State Academy of Nutrition and Dietetics and Greater Seattle Dietetic Association. Planells has been honored for his work as chair of the Academy's National Organization of Men in Nutrition member interest group for recruiting and retaining men in the nutrition and dietetics profession. He is a member of the Academy's Healthy Aging dietetic practice group. Planells earned a certificate in adult weight management. He is a graduate of Tulane University and earned a master's degree from Columbia University.



## Melissa Ann Prest

DCN, MS, RDN, CSR, LDN

### Areas of Expertise:

- Arthritis/Inflammation Nutrition
- Cardiovascular Nutrition
- Diabetes
- High Blood Pressure/Hypertension
- Renal Nutrition and Dialysis

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



## Amy Reed

MS, RD, CSP, LD

### Areas of Expertise:

- Adolescent Nutrition
- Autism/Developmental Disorders
- Family Nutrition
- Infant Nutrition
- Malnutrition

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



## Monique Richard

MS, RDN, LDN, FAND, IFNCP, RYT

### Areas of Expertise:

- Behavior and Lifestyle Modification
- Functional Foods and Phytochemicals
- Integrative and Functional Medicine
- Nutrigenomics
- Supplements and Vitamins

Richard owns a private practice that blends personalized nutrition with lifestyle medicine, providing counseling, consulting and nutrition communication services with a focus on integrative and functional medicine. In 2021, Richard was honored with the Outstanding Dietitian of the Year award from the International Affiliate of the Academy of Nutrition and Dietetics and the Tri-Cities Academy of Nutrition and Dietetics. Richard has been an active board member of the Dietitians in Integrative and Functional Medicine dietetic practice group and the International Affiliate of the Academy of Nutrition and Dietetics. Richard is a graduate of Middle Tennessee State University and earned a master's degree from East Tennessee State University.



## Kevin L. Sauer

PhD, RDN, LD, FAND

### Areas of Expertise:

- Children's Nutrition
- Food Safety
- Food Services
- Health Education
- School Meals

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

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



## Ellen R. Shanley

MBA, RD, CDN, FAND

### Areas of Expertise:

- Food Preparation and Meal Planning
- Food Service Management
- Mindful/Intuitive Eating
- Nutrition and Dietetics Profession
- Recipe Development and Makeovers

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



## Kristen Smith

MS, RD, LD

### Areas of Expertise:

- Bariatric/Weight Loss Surgery
- Family Nutrition
- Food Allergies
- Protein
- Recipe Development and Makeovers

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; a member of the Academy's Weight Management dietetic practice group; the American Society of Metabolic and Bariatric Society and the Obesity Action Coalition. She is a graduate of Oklahoma State University and earned a master's degree from New York University.





## Kimberly Snodgrass

RDN, LD

### Areas of Expertise:

- Cholesterol
- High Blood Pressure
- Obesity and Weight Management
- Renal Nutrition
- Stress and Emotional Eating

Snodgrass is a renal care coordinator at Fresenius Medical Care. She has held numerous leadership roles in the nutrition and dietetics profession and won awards including the 2021 Colonel Frances G. Ballentine Memorial Scholarship from the Academy's Foundation. Snodgrass is a graduate of Marygrove College and is pursuing a master's degree at the University of Michigan.



## 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 senior editor of foods and nutrition for the textbook publisher Goodheart-Willcox. She is a certified diabetes care and education specialist and a certified specialist in sports dietetics. Stefanski owns a private practice focused on writing and social media, children with special needs and athletes. Stefanski is a member of the Nutrition Educators of Health Professionals, School Nutrition and Sports and Human Performance Nutrition dietetic practice groups of the Academy. She is a manager and co-creator of the EatrightPA blog for the Pennsylvania Academy of Nutrition and Dietetics. Stefanski graduated from Messiah College and earned a master's degree in adult and distance education from Penn State University.



## Caroline Susie

RDN, LD

### Areas of Expertise:

- Disease Prevention
- Employee Wellness
- Fad Diets
- Weight Management
- Wellness Nutrition

Susie is a principal at Mercer, a global health consulting firm, and a member of the company's Total Health Management Team, where she leads the Nutrition and Weight Management Vertical. Additionally, she manages a private practice in Dallas. Prior to Mercer, Susie worked as a clinical dietitian serving people with type 2 diabetes and those seeking support before and after bariatric surgery. Susie has more than a decade of experience in corporate wellness. She was honored with the Texas Academy of Nutrition and Dietetics Media Award in 2019, and she is a former president of the Oklahoma City District Dietetic Association. She is a graduate of the University of Oklahoma Health Sciences Center.



## Jessica Sylvester

MS, RD/LDN, CNSC, CDCES

### Areas of Expertise:

- Diabetes
- Gastrointestinal Nutrition
- Medical Nutrition Therapy
- Obesity and Weight Management
- Women's Nutrition

Sylvester owns a private practice and has advanced nutrition board certifications in critical care nutrition and diabetes management. Her work ranges from clinical nutrition support and acute nutrition care to product research and public policy. Sylvester has precepted dietetic interns and taught undergraduate nutrition courses. She also served as a nutrition manuscripts editor, a nutrition research associate and a food writer. Sylvester earned an undergraduate degree from Tufts University and a master's degree from Tufts' Friedman School of Nutrition Science and Policy.



## Colleen Tewksbury

PhD, MPH, RD, CSOWM, LDN

### Areas of Expertise:

- Adult Obesity Management
- Bariatric/Weight Loss Surgery
- Behavior and Lifestyle Modification
- 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 a former president of the Pennsylvania Academy of Nutrition and Dietetics and of the Philadelphia Academy. She is a facilitator for the Commission on Dietetic Registration's certificate of training in obesity interventions for adults and a subject matter expert for its certified specialist in obesity and weight management board examination. Tewksbury is a member of the Academy's Nutrition Educators of Health Professionals, Research and Weight Management dietetic practice groups. She graduated from La Salle University and 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, FAND

### Areas of Expertise:

- Aging and Nutrition
- Community Nutrition/Public Health
- Dietetic Licensure
- International Nutrition
- Research Review and Analysis

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 at the University of North Florida. In August, Wright will become the graduate program director in the university's department of nutrition while continuing to direct the Center for Nutrition and Food Security. Wright's specialties include food insecurity, 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 will serve as the Academy's 2023-2024 President. 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](mailto:media@eatright.org).

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# Creative Editorial Calendar

July 2022 to May 2023

## July

Eid al-Adha (July 10, 2022)

*Hydration*

Independence Day (July 4, 2022)

National Culinary Arts Month

National Grilling Month

National Parks and Recreation Month

National Picnic Month

National Youth Sports Week (July 20-26, 2022)

## August

Back to school

Children's Eye Health and Safety Month

*College cooking on a budget*

Krishna Janmashtami (August 18-19, 2022)

**Kids Eat Right Month™**

*Manage a diet on dorm food*

National Breastfeeding Month

National Farmers Market Week (August 7-13, 2022)

National Sandwich Month

World Breastfeeding Week (August 1-7, 2022)

## September

Childhood Cancer Awareness Month

Family Health and Fitness Day USA (September 24, 2022)

Healthy Aging Month

Hispanic Heritage Month (September 15-October 15, 2022)

Ganesh Chaturthi (September 13, 2022)

Labor Day (September 5, 2022)

National Celiac Disease Awareness Day (September 13, 2022)

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 28, 2022)

Ovarian Cancer Awareness Month

Rosh Hashanah (September 25-27, 2022)

Whole Grains Month

World Alzheimer's Month

World Heart Day (September 29, 2022)

## October

**Academy's Food & Nutrition Conference & Expo™**  
**(October 8-11, 2022)**

Bone and Joint Health National Awareness Week  
(October 12-20, 2022)

Child Health Day (October 3, 2022)

Children's Health Month

Diwali (October 24, 2022)

Dussehra (October 5, 2022)

Health Literacy Month

*Healthful Halloween treats for kids*

Hispanic Heritage Month

(September 15, 2022-October 15, 2022)

Mental Illness Awareness Week (October 2-8, 2022)

National Apple Month

National Breast Cancer Awareness Month

National Bullying Prevention Month

National Dental Hygiene Month

National Health Education Week (October 17-22, 2022)

National Seafood Month

Vegetarian Awareness Month

World Food Day (October 16, 2022)

## November

*Balance, variety and moderation*

Diabetic Eye Disease Month

*Effects of smoking on nutrition, weight gain*

Gastroesophageal Reflux Disease Awareness Week  
(November 20-26, 2022)

Great American Smokeout (November 17, 2022)

Lung Cancer Awareness Month

National Alzheimer's Disease Awareness Month

National Diabetes Month

Native American Heritage Month

Thanksgiving (November 24, 2022)

*Turkey tips*

World Diabetes Day (November 14, 2022)

World Vegan Day (November 1, 2022)

## December

Bodhi Day (December 8, 2022)

Christmas

*Healthful snacks for the holidays*

*Healthfully navigating holiday parties*

Hanukkah (December 18-26, 2022)

Kwanzaa (December 26, 2022-January 1, 2023)

National Handwashing Awareness Week  
(December 1-7, 2022)

National Pear Month

National Stress-Free Family Holiday Month

World AIDS Day (December 1, 2022)

World Food Service Safety Month



## January 2023

Martin Luther King Jr. Day (January 16, 2023)  
 National Birth Defects Prevention Month  
 National Glaucoma Awareness Month  
 National Healthy Weight Awareness Month  
 National Slow Cooking Month  
 National Soup Month  
 New Year's Day (January 1, 2023)  
*Making healthy, effective resolutions*  
 Thyroid Awareness Month

## February

African Heritage and Health Week (February 1-7, 2023)  
 American Heart Month  
 Ash Wednesday (February 22, 2023)  
 Low Vision Awareness Month  
 Maha Shivratri (February 18, 2023)  
 National Black History Month  
 National Canned Food Month  
 National Children's Dental Health Month  
 National Eating Disorders Awareness Week  
 (February 23-March 1, 2023)  
 National Wear Red Day (February 3, 2023)  
 Super Bowl Sunday (February 12, 2023)  
*Healthful party snacks*  
 Valentine's Day (February 14, 2023)

## March

American Diabetes Alert Day (March 27, 2023)  
 Brain Awareness Week (March 13-19, 2023)  
 Holi (March 8, 2023)  
 National Colorectal Cancer Awareness Month  
 National Frozen Food Month  
 National Kidney Month  
**National Nutrition Month®**  
 National School Breakfast Week (March 6-10, 2023)  
 National Women's History Month  
**Nutrition and Dietetics Technician, Registered Day**  
**(March 9, 2023)**  
 Purim (March 6-7, 2023)  
 Ramadan (March 22 - April 21, 2023)  
**Registered Dietitian Nutritionist Day (March 8, 2023)**  
 St. Patrick's Day (March 17, 2023)  
 World Kidney Day (March 9, 2023)

## April

Alcohol Awareness Month  
 April Fools' Day (April 1, 2023)  
 Earth Day (April 22, 2023)  
 Easter (April 9, 2023)  
 Eid al-Fitr (April 23, 2023)  
 Emotional Overeating Awareness Month  
 Every Kid Healthy Week (April 24-28, 2023)  
 Irritable Bowel Syndrome Awareness Month  
 Move More Month  
 National Autism Awareness Month  
 National Cancer Control Month  
 National Infertility Awareness Week (April 23-29, 2023)  
 National Minority Health Month  
 National Public Health Week (April 3-9, 2023)  
 Passover (March 5-13, 2023)  
*Healthful Ramadan meal ideas*  
 Stress Awareness Month  
 World Health Day (April 7, 2023)

## May

Ascension Day (May 18, 2023)  
 Arthritis Awareness Month  
 Asian American and Pacific Islander Heritage Month  
 Celiac Awareness Month  
 Cinco de Mayo (May 5, 2023)  
 Food Allergy Awareness Month  
 Food Allergy Awareness Week (May 14-23, 2023)  
 Global Employee Health and Fitness Month  
 Healthy Vision Month  
 Mother's Day (May 14, 2023)  
 National Asthma and Allergy Awareness Month  
 National Barbecue Month  
 National High Blood Pressure Education Month  
 National Mediterranean Diet Month  
 National Mental Health Awareness Month  
 National Osteoporosis Month  
 National Physical Fitness and Sports Month  
 National Salad Month  
 National Senior Health and Fitness Day (May 31, 2023)  
 National Stroke Awareness Month  
 National Women's Health Week (May 14-21, 2023)  
 Older Americans Month  
 World Hand Hygiene Day (May 5, 2023)

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

*(Carrots are) rich in beta-carotene, a compound your body changes into vitamin A, which helps keep your eyes healthy. And beta-carotene helps protect your eyes from the sun and lowers your chances of cataracts and other eye problems.*

**Grace Derocha, MBA, RD, CDCES**

*Parade*

*A balanced diet ideally includes five food groups. One group is not more important than the other — each provides key vitamins, minerals, fiber and calories. But when one food group is eaten less, then it becomes the weakest link in maintaining balance.*

**Isabel Maples, MEd, RDN**

*LiveScience*

*Incorporating healthful foods into your meals can help decrease your risk of developing high blood pressure, high cholesterol and type 2 diabetes, which are some of the risk factors for developing heart disease.*

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

*Media Planet*

*When you make small changes over time, you're likely to create new healthy habits and adhere to them. When you make disruptive or drastic changes, like eliminating an entire food group or following a restrictive diet, those changes are not sustainable.*

**Caroline Susie, RDN, LD**

*Parade*



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