

**Ethan A. Bergman**  
**PhD, RDN, CD, FADA**  
**President, 2012-2013**

 Academy of Nutrition  
and Dietetics

*Still Making History:*

**Academy of Nutrition  
and Dietetics**

# Milestone Approaching



**eat right.** Academy of Nutrition and Dietetics

**In 2017,  
the Academy will celebrate  
its 100th Anniversary**

While we look towards the future, we celebrate our everyday heroes and emerging leaders of today!

ENGLISH	SPANISH	CANTONESA	KOREAN
Hello	¡Hola!	你好!	안녕하세요
Goodbye	¡Adiós!	再见!	안녕히 가세요
How are you?	¿Cómo estás?	你好吗?	안녕하세요
Please use the floor	¡Por favor, usa el piso!	请使用地板	바닥을 사용하십시오
Please	¡Por favor!	请	바라다
Thank you	¡Gracias!	谢谢	고맙습니다
You're welcome	¡De nada!	不用谢	괜찮습니다
Good evening	¡Buenas noches!	晚上好	안녕하세요
Good afternoon	¡Buenas tardes!	下午好	안녕하세요
Yes	¡Sí!	是	네
No	¡No!	不是	아니요
No problem	¡No problema!	没问题	괜찮습니다
S.O.S.			

**Beverly Gor, EdD, RD, LD, CDE**  
registered dietitian, nutrition and cancer prevention researcher, and co-founder of the Asian American Health Coalition  
To learn more about Beverly and other heroes, visit [www.foodandnutritionmagazine.org](http://www.foodandnutritionmagazine.org)

Visit [www.eatright.org](http://www.eatright.org)

For additional information on the Academy's Centennial Celebration efforts!



# Positioned to Do Great Things



01256 840111  
RESIDENTIAL SALES  
estategents.co.uk  
Proud to be of service



# We Are Stronger When...

- **Membership**
- **Preceptors**
- **Professional Development**
- **Policy and Advocacy/  
ANDPAC**
- **Foundation/Kids Eat Right**
- **Public Outreach**
- **Research**
- **More!**





BEST JOBS IN AMERICA

Money/PayScale.com's list of great careers

2011

Best jobs for saving the world

Money

3. Dietitian

3 of 20

BACK

NEXT

Share Tweet

Median pay: \$55,800

Top pay: \$76,000

10-year job growth: 9%

Total jobs: 30,000

**The job** Dietitians, who advise individuals and groups on nutrition, work for hospitals, corporations, schools and community health centers. Some run private practices, or they can even work as a consultant. The country's childhood obesity crisis and aging population are driving demand for these experts in healthy eating.



**How to switch:** To become a registered dietitian, you'll need undergraduate course work in food sciences and six-to-12 months of supervised work experience. Learn more at eatright.org.

Quality of life ratings:

Personal satisfaction	Benefit to society	Low stress	Flexibility
B	B	C	B

By Donna Rosato and Grace Wong

Subscribe to Money Magazine

Do Dietitians have great jobs, or what?

Dietitian job openings

jobs by simply hired

Dietitian Specialist 2  
Loma Linda, CA - Loma Linda University

Licensed Dietitian  
Boston, MA - Faulkner Hospital

Registered Dietitian  
Torrington, WY - Banner Health

Dietitian Specialist 1  
Loma Linda, CA - Loma Linda University

See All Jobs

Search all jobs from across the web

job title or company location Search

Video (3 of 7)



Message your way to a new career

After being laid off from his job selling tax software, Kip Yates started his own massage business. Watch

How we picked the Best Jobs

Using Bureau of Labor Statistics forecasts for 7,000 titles, MONEY and compensation experts PayScale.com identified jobs requiring a bachelor's degree that have strong growth prospects, and eliminated any with fewer than 10,000 positions nationwide, plus those requiring advanced degrees that take more than three years. More

# Our Goals Are Strategic

**Products**

**Practice**

**Skills**

**Successes**

**Leadership**

**Value**

**Knowledge**

**Services**

**Bright future**

**Diverse**



# National Nutrition Month



# Registered Dietitian Day

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Registered Dietitian Day  
March 13, 2013



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# Registered Dietitian Nutritionist

# RDN

# RD Day Contest

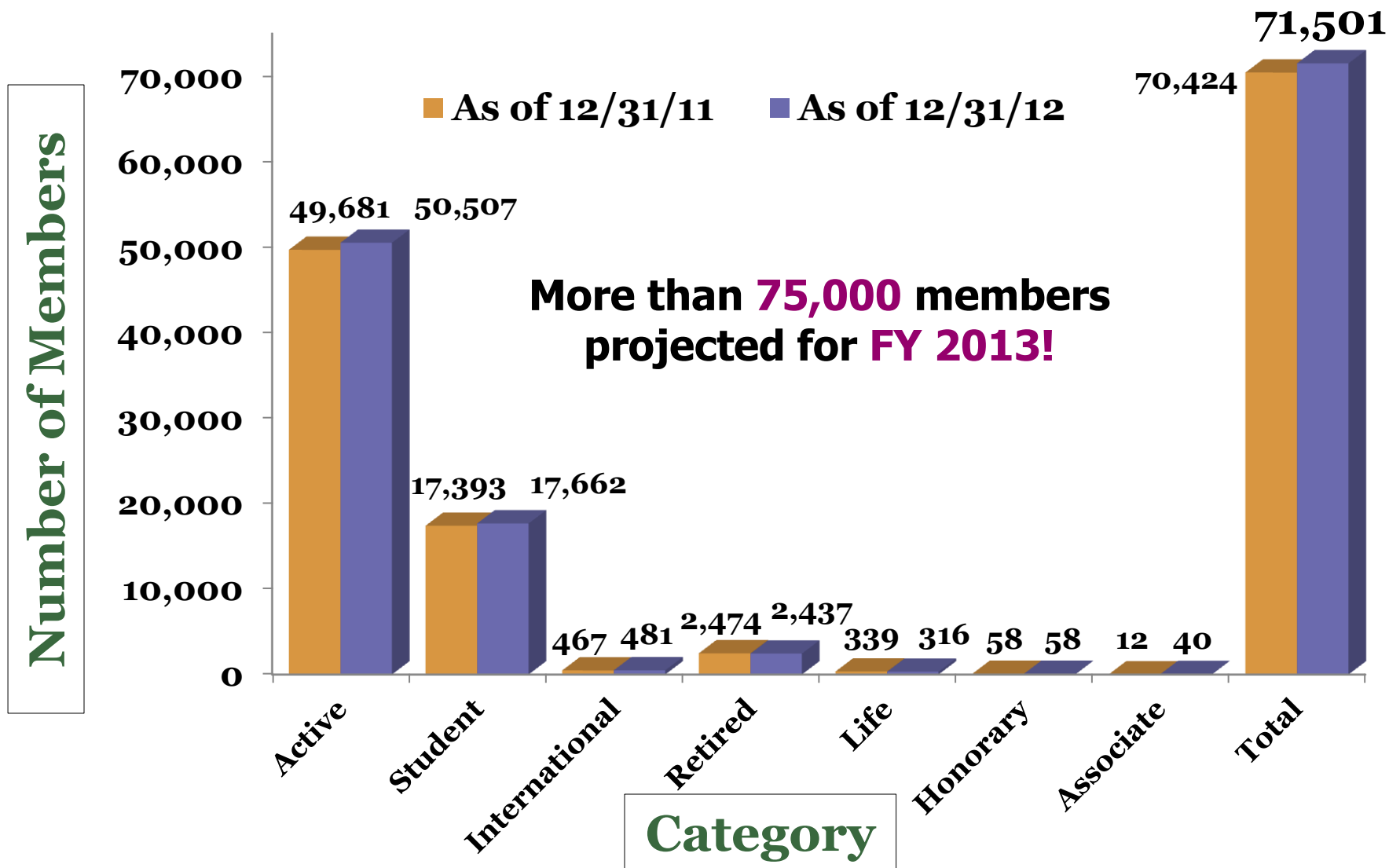
**Carly Hill, RD  
San Diego, Calif.**

*“Helping save the life of a young pediatric patient who had leukemia with medical nutrition therapy and using food as medicine.”*



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# Record-high Membership



# Something for Everyone



**And still growing**

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# Exclusive Member Benefits

- **Academy Foundation Scholarships**
- **Participate in eMentoring**
- **Discounts on products, insurance**
- **Access to online Career Center**
- **Subscription to the *Daily News***
- **DPG and MIG memberships**
- **Help from Knowledge Center RDs**
- **Position and Practice Papers**
- **Shop Online discounts**
- **Full access to [www.eatright.org](http://www.eatright.org)**
- **National Honors and Awards**



# Tangible Value

	<b>Non-member</b>	<b>Member</b>
▪ <i>2011 Compensation &amp; Benefits Survey</i>	<b>\$225</b>	<b>Free</b>
▪ <i>Journal</i> subscription	<b>\$329</b>	<b>Free</b>
▪ <i>CPE in the Journal</i>	<b>\$1,080</b>	<b>Free</b>
▪ Find a Registered Dietitian listing	<b>\$249</b>	<b>Free</b>
▪ <i>Evidence Analysis Library access</i>	<b>\$400</b>	<b>Free</b>
▪ Membership Certificate	<b>\$20</b>	<b>Free</b>
		<b>Members save...</b>
▪ <i>Nutrition Care Manual</i> subscription	<b>\$315</b>	<b>\$157</b>
▪ Post a job opening in EatRightCareers	<b>\$395</b>	<b>\$195</b>
▪ <i>Early bird FNCE registration</i>	<b>\$679</b>	<b>\$320</b>
▪ Professional Skills Review	<b>\$325</b>	<b>\$100</b>

**Academy Membership: \$226**

**This sampling of benefits alone adds up to more than \$3,000 in savings!**

# Thank Preceptors...

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## **April: National Preceptor Month** **You make our profession possible**



***We need more preceptors***

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# ... And Be a Preceptor

- **Recruiting 2,500 new preceptors**
- **Options and incentives**



[www.eatright.org/preceptors](http://www.eatright.org/preceptors)

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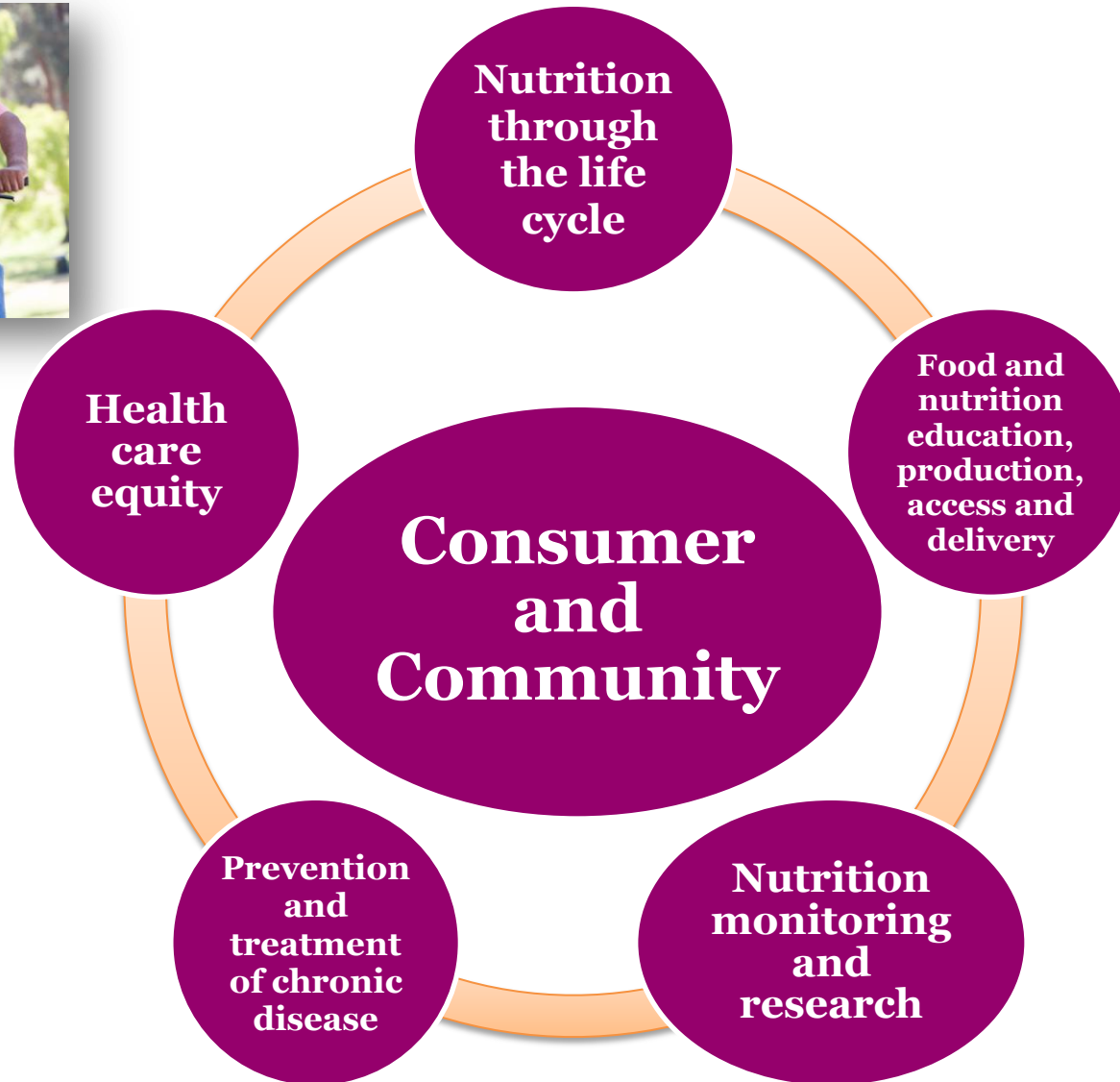
# Policy Priority Areas

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- **Two major areas:**
  - ✓ **Consumer and Community Issues**
  - ✓ **Professional Issues**

**March *Journal*: “The Academy of Nutrition and Dietetics’ Public Policy Priorities Overview”**

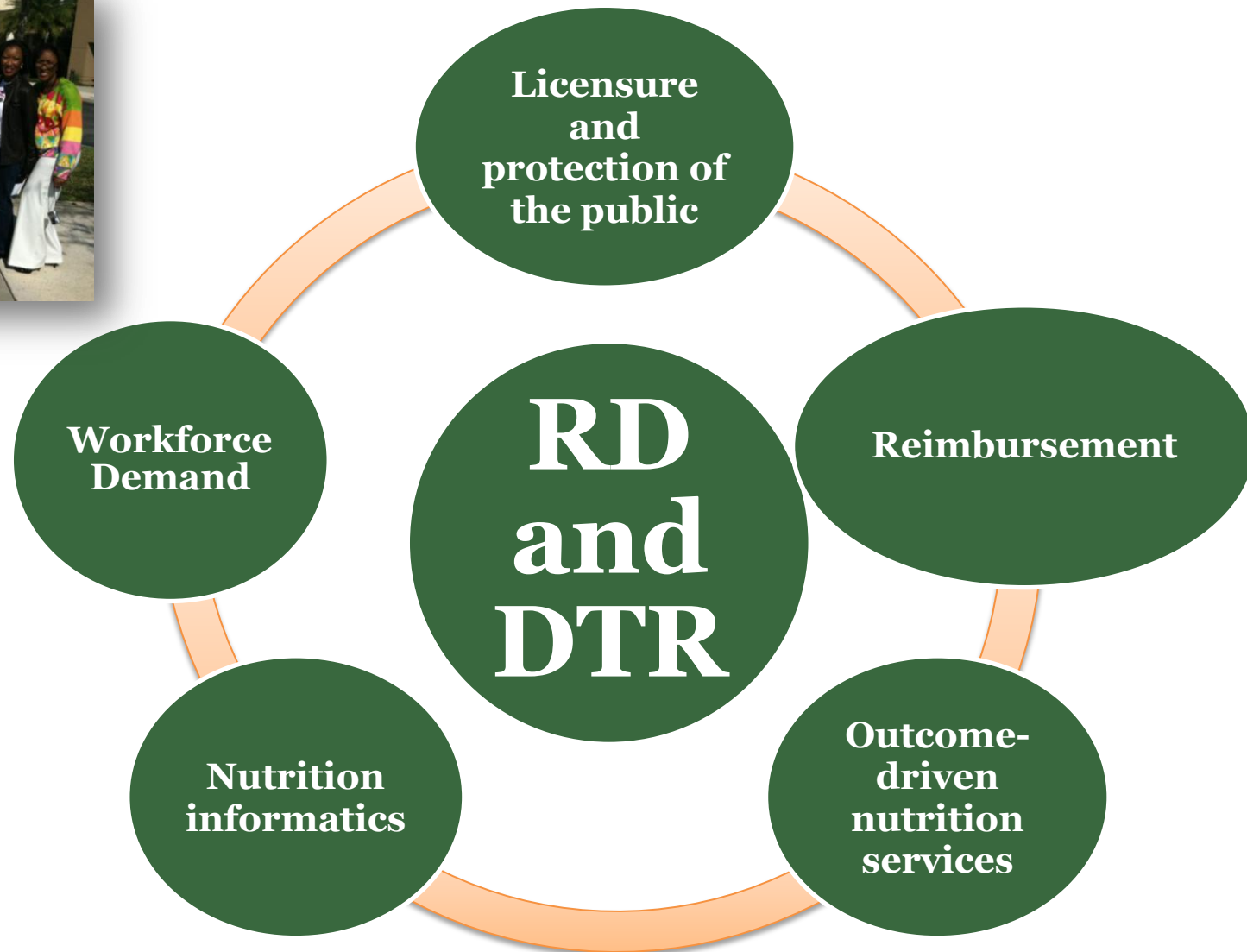




- **Community Health**
- **Childhood Nutrition**
- **Senior Nutrition**
- **Food Insecurity and Hunger**
- **Chronic Illness Management and Research**



# Professional Issues



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- **Partnerships and coalitions**
- **Relationships management**
- **Participate in the regulatory process**
- **Collaborate with affiliates and DPGs**
- **Incorporate Nutrition Informatics**
- **Member engagement**

# MNT Obesity Coverage Expansion Academy of Nutrition and Dietetics

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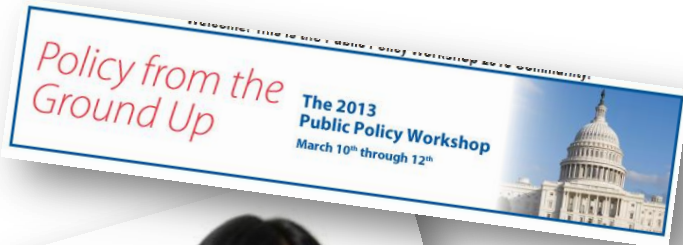
- **Work with DPGs to collate research and develop strategy**
- **Collaborate with our partners to draft a bill and gain support with members of Congress**
- **Meet with top leaders at CMS**
- **Comment and critique on AHRQ and USPSTF recommendations for obesity coverage**
- **Activate members**

# Be Active in Advocacy



**@EatRightPIA**

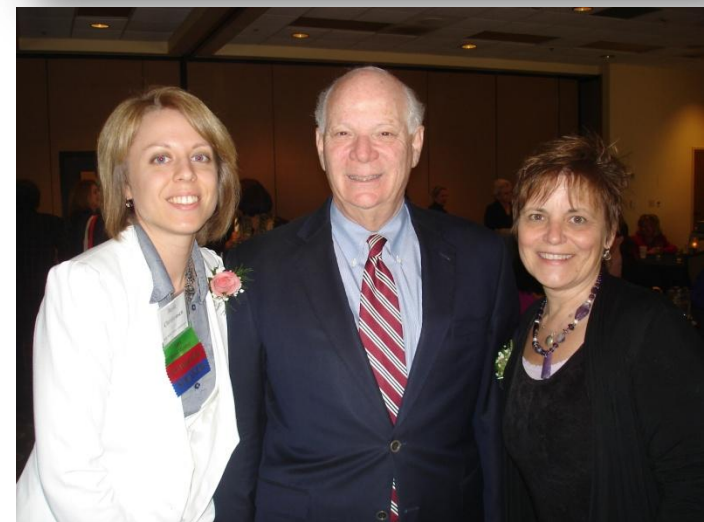
**[www.facebook.com/eatrightANDPAC](http://www.facebook.com/eatrightANDPAC)**



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# ANDPAC Works for All of Us

- **Only PAC focused on food, nutrition and health**
- **Members contribute to and benefit from ANDPAC**
- **Productive Congressional relationships get results**





# “Policy from the Ground Up”



**Sen. Heidi Heitkamp  
(N.D.)**



**Rep. Bruce Braley  
(Iowa)**



**Rep. Elijah  
Cummings (Md.)**



**Rep. Jim McGovern  
(Mass.)**

A pair of hands is shown holding a large, vibrant green leaf. In the center of the leaf, a small, stylized globe of the Earth is visible, with blue oceans and green continents. The background is a soft, out-of-focus light blue.

**Work locally to improve the health of  
our community...**

**...it becomes a national movement.**

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# Extend Our Expertise



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# Helping Create a Profession

...Again

## First meeting of Romanian Dietetic Association June 2012



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# Research Highlights

- **Increased understanding and use of research strengthens practice, provides better clinical services to patients and clients**
- **Online Toolkit: “Understanding the Basics of Research”**
- **Dietetics Practice Based Research Network: brings practitioners and researchers together**
- **Health Informatics Infrastructure: empowering RDs to accelerate outcomes research**



- **Study published in *January Managed Care***
- **First to show a private insurance company's policy decision to cover MNT yields significant health benefits at small cost**
- **"MNT warrants serious consideration"**

## The Incremental Value of Medical Nutrition Therapy In Weight Management

**Overweight or obese patients who participated in a medical nutrition therapy benefit sponsored through their insurer were compared with individuals who did not participate. Outcomes, including weight change, body mass index, waist circumference, and physical exercise, were collected at baseline and 2 years later.**

Donald W. Bradley, MD, chief medical officer and senior vice president for health care, Blue Cross & Blue Shield of North Carolina; Gwen Murphy RD, PhD, assistant consulting professor, Department of Community and Family Medicine, Duke University; Linda G. Snetselaar, RD, PhD, LD, associate head for admissions and curriculum, professor, endowed chair, Department of Epidemiology, University of Iowa College of Public Health; Esther F. Myers, PhD, RD, FADA, Academy of Nutrition and Dietetics; Laura G. Qualls, MHA, senior manager, clinical research, Duke Clinical Research Institute, Duke University Medical Center

### ABSTRACT

**Objective:** To evaluate the incremental cost of and health benefits attributable to medical nutrition therapy (MNT) for managed care members participating in an obesity-related health management program.

**Design:** Retrospective case-control.

**Methodology:** Overweight or obese adult managed care members who utilized the MNT benefit (n=291) were matched, using propensity score matching, with similar individuals (n=1,104) who did not utilize the MNT benefit. Health

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### Disclosures/conflicts of interest

Don W. Bradley, MD, Esther F. Myers, and Linda G. Snetselaar report no conflicts. Gwen Murphy discloses that the American Dietetic Association Foundation funded about 20% of her salary throughout the study's data collection period. Laura Qualls discloses that she is employed by Blue Cross & Blue Shield of North Carolina.

outcomes data on weight, body mass index (BMI), waist circumference, and physical exercise were collected via surveys administered at baseline and approximately 2 years later.

**Principal findings:** Both groups experienced statistically significant reductions in weight, BMI, and waist circumference and increases in exercise frequency. Compared with matched controls, individuals who received MNT were about twice as likely to achieve a clinically significant reduction in weight, with an adjusted odds ratio of 2.2 (95% confidence interval, -1.7-2.9;  $P < .001$ ).

They also experienced greater average reductions in weight (3.1 vs. 1.4 kg;  $\beta = -1.75$ ;  $\{1314\} = -2.21$ ;  $P = .028$ ) and were more likely to exercise more frequently after participating in the program ( $F[1,1358] = 4.07$ ,  $P = .044$ ). There was no difference between the groups in waist circumference. The MNT benefit was used by 5% of eligible members and cost \$0.03 per member per month.

**Conclusion:** MNT is a valuable adjunct to health management programs that can be implemented for a relatively low cost. MNT warrants serious consideration as a standard inclusion in health benefit plans.

### INTRODUCTION

Being overweight and being obese affect over two thirds of Americans, posing a major public health chal-

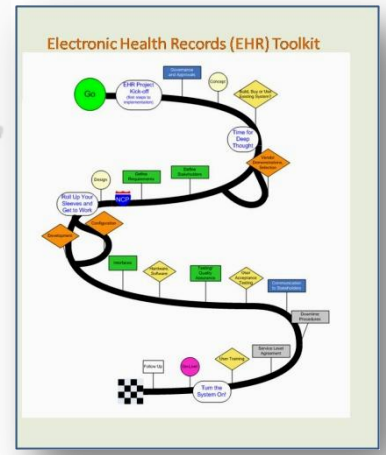
lenge for the United States (Ogden 2006). These individuals are at increased risk of developing type 2 diabetes, hypertension, hyperlipidemia, some types of cancer, and cardiovascular disease (NIH 1998). In addition, the economic toll of being overweight and obesity is substantial. The direct cost of inactivity and obesity has been estimated to account for over 9% of national health care expenditures in the United States. Further, 41% of total health care costs for diseases for which obesity is a known risk factor have been attributable to obesity (Golditz 1999, Oster 2000). Bachman et al found that the point estimates of increased health care costs for overweight or obese patients compared with health care costs for normal-weight patients ranged from 2% to 23% for pre-obese/overweight, 21% to 54% for obese class 1, 43% to 57% for obese class 2, and 78% to 111% for obese class 3 (Bachman 2007).

The clinical benefits associated with weight reduction have been well documented. In a review of weight-loss studies, Goldstein found that a substantial proportion of obese individuals with type 2 diabetes, hypertension, and hyperlipidemia experienced positive health benefits with modest weight losses of approximately 10% or less of body weight (Goldstein 1992). The Diabetes Prevention Program demonstrated that lifestyle interventions that produced

# Nutrition Care Process Highlights Academy of Nutrition and Dietetics

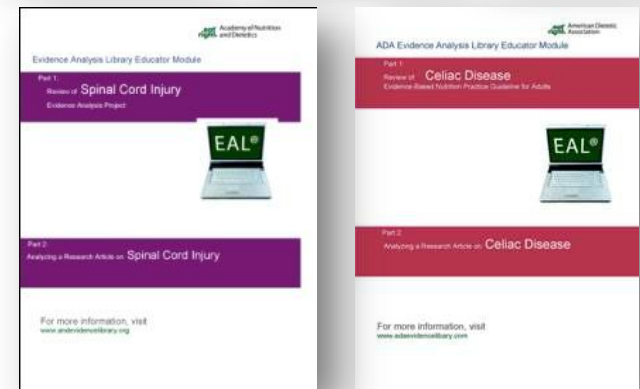
*Are you using all NCP resources to your advantage?*

- **IDNT Reference Manual and Pocket Guide (4<sup>th</sup> ed.)**
- **Electronic Health Records Toolkit**
- **Specialty area toolkits**



# EAL Highlights

- **Evidence Analysis Library summarizes best nutritional research in accessible website**
- **Questions, conclusion statements, evidence summaries, supporting documentation**
- **Systematically developed statements based on scientific research to assist practitioner and patient decisions**
- **EAL resources include evidence-based practice nutrition toolkits, educator modules, presentations**
- **New in 2012 – NutriGuides: app for iPhone, iPad, Android ... More than 300 recommendations.**





# New Hospital Health Initiative

**eat right.** Academy of Nutrition and Dietetics

- **Announced at FNCE 2012**
- **24 states, 154 hospitals, more than 60 million meals**
- **Increase fruits and vegetables**
- **More healthy menu options**
- **Keep costs affordable**
- **Adjust how foods are prepared, marketed**

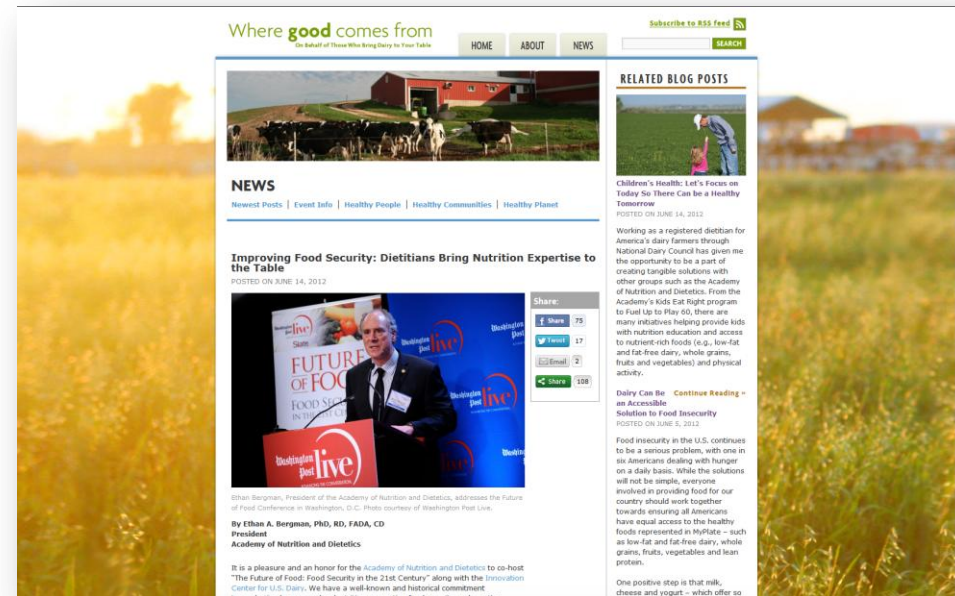
**Healthier Hospitals INITIATIVE**



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# Reduce Food Insecurity

- **Identify game-changing innovations**
- **Aligning with Feeding America and National Dairy Council**
- **Through Foundation grants, RDs will provide resources, programs, expertise**



## With American College of Sports Medicine



- **Physical activity is integral to prevention and treatment of disease**
- **SCAN and WM DPGs collaborated**
- **Free toolkit being finalized**

# Stay Competitive: Professional Development

- **Keep current**
- **Challenge ourselves**
- **Develop new skills**
- **Discover opportunities**



The screenshot displays the website for the Academy of Nutrition and Dietetics, formerly the American Dietetic Association. The page is titled "Welcome to the Health Community" and features a navigation menu with options like "Public", "Members", and "Become an RD or DTR". A search bar is located at the top right. The main content area highlights the "Center for Professional Development" with a "24/7" clock icon and a "365" day counter. Below this, there are sections for "Face-to-Face Learning", "Distance Learning", "CPE Toolkit", and "Food & Nutrition Conference & Expo (FNCE)". A "Tip of the Day" sidebar on the left mentions "Black History Month" and "American Heart Month".

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# Advance Your Knowledge

- **Programming available at home, work**
- **Learn at your own pace**
- **Online training program: “Developing Your Role as a Leader”**



## Distance Learning

Learn at your own pace and at your convenience. The CPD offers a number of online certificate of training programs, teleseminars, webinars and self-study options.

[More Information »](#)



## Food & Nutrition Conference & Expo (FNCE)

Get the latest nutrition science information, learn about trends in foodservice and gain access to food and nutrition experts at the 2012 Food & Nutrition Conference & Expo.

[More Information »](#)



## Advanced Degrees

A listing of advanced degree programs in nutrition, dietetics and related areas that should be used as a guide only. The list is not all-inclusive. Contact program representatives for complete details.



## Face-to-Face Learning

Earn continuing professional education credits while you network with other food and nutrition professionals, enhance your skill set and help advance your career.

[More Information »](#)



## CPE Toolkit

Expanded CPE Toolkit guides you through professional programs and meeting planning for continuing professional education. New speaker, marketing and logistical tips are included.

[Download the Toolkit »](#)



## Leadership Institute

The Academy is committed to the development of its members by providing an annual forum for learning, dialogue and sharing of opinions and experiences.

[Academy Members - Log In »](#)

[www.eatright.org/cpd](http://www.eatright.org/cpd)

# FNCE: The Gold Standard

- **99% come for education**
- **20+ hours of CPE available**
- **Cutting-edge topics, research**



- **Popular new programming like point-counterpoint debates**
- **Networking opportunities**
- **October 19 to 22 in Houston**
- **[www.eatright.org/fnce](http://www.eatright.org/fnce)**

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# The Value of Volunteering

- **Put your talents to work**
- **Committees, task forces, boards**
- **Gain leadership skills**
- **Make a difference no matter your role**
- **Network with colleagues**



# HOD: 75 Years of Service

## Moving Forward to Meet Future Needs for Profession



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## *Vision for Education, Credentialing and Practice*

**“This visioning report focuses on recommendations related to the future continuum of education, practice and credentialing from entry-level to advanced practice, designed to optimize the nation’s health and elevate the practice of nutrition and dietetics.”**

**“Change has to start somewhere and there is no time to waste. If the dietetics profession is not moving forward, it is being left behind.”**

***Council on Future Practice***

# HOD Mega Issues 2012-2013

## Spring 2012:

### Continuum of Professional Progression and Growth

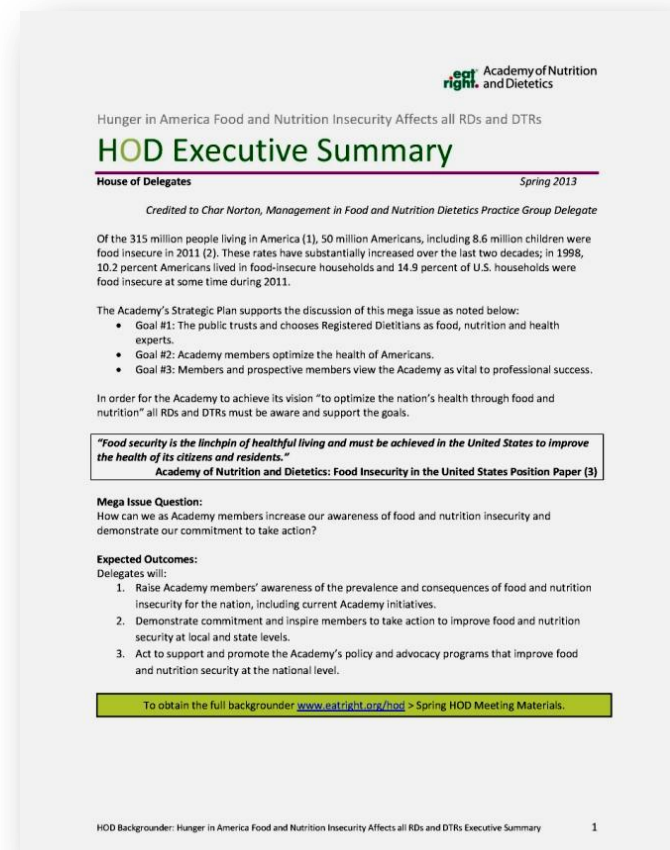
[www.eatright.org/hod](http://www.eatright.org/hod)

## Fall 2012:

### Moving Forward – A Vision for Education, Credentialing and Practice and Public Health Nutrition: It's Every Members' Business

## Spring 2013:

### Hunger in America: Food and Nutrition Insecurity Affects All RDs and DTRs



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Your Food and Nutrition Source

It's About Eating Right

# Guidance in Acting Ethically

## In This Section

- Who We Are »
- FAQs
- Diversity
- Position and Practice Papers »
- Work at Academy
- Governance/ Leadership »
- Join Academy »

► Popular Diet Reviews

▼ Tip of the Day

## Beat the Flu Bug

According to the Centers for Disease Control and Prevention, January and February are the peak months of flu activity. The best defense against the flu is a year-round offense including eating right, staying active, getting enough rest and minimizing stress.

[View Entire Text](#)

More Tips:

New Year's Bean Soup ▼

[Tip of the Day Index](#)

Featured Product

Special Feature

## Code of Ethics

The Academy and its credentialing agency, the Commission on Dietetic Registration, believe it is in the best interest of the profession and the public it serves to have a Code of Ethics in place that provides guidance to dietetics practitioners in their professional practice and conduct.

## PUBLISHED CODE OF ETHICS

The Code of Ethics Task Force reviewed and revised the 1999 Code of Ethics in March 2009. The Academy Board of Directors, Commission on Dietetic Registration and House of Delegates approved the revised Code in May 2009. The 2009 Code of Ethics was published in the August 2009 *Journal of the American Dietetic Association*, now *Journal of the Academy of Nutrition and Dietetics*, (pages 1461-1467). The 2009 Code is in effect as of January 1, 2010 and the 1999 version of the code is no longer valid.

- [Code of Ethics for the Profession of Dietetics and Process for Consideration of Ethics Issues — August 2009 Journal article](#)

## EDUCATIONAL RESOURCES

A variety of educational resources have been created to assist practitioners in understanding the practical application of the Code of Ethics.

- [Ethics Committee](#)
- [Ethics Education Toolkit](#)
- [Ethics Opinions](#)
- [Ethics in Action Columns](#)
- [Guidelines Regarding the Recommendation and Sale of Dietary Supplements](#)
- [Ethics Complaints and Violations](#)
- [Videos and Case Studies](#)
- [Promotional Pieces for Newsletters](#)
- [International Code of Ethics and Code of Good Practice](#)

## ACADEMY CODE OF ETHICS 'FOR FURTHER READING' LIST

The "For Further Reading List" can be used by educators to direct reading and learning objectives for students in the area of ethics and ethical behaviors as a

Watch and Learn

Video Library »

## Code of Ethics for Dietetics



More Videos: 1 2 3 4 5 6

# Academy in the Media



**30 billion impressions:  
print, broadcast,  
electronic**



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# EatRight Radio

## ■ EatRight.org/radio

• Free PSAs and regular segments for stations, websites, blogs

■ Targeted populations

■ Catalog of scripts for members to use in local markets

### EatRight Radio

The Academy of Nutrition and Dietetics now offers radio PSAs in both English and Spanish as part of our EatRight Radio. Preview and download these pre-produced radio PSAs, recorded by registered dietitians—the food and nutrition experts.

We rely on radio stations to convey these messages. Check back often as we are constantly adding new PSAs. We appreciate your help communicating these important messages. If you have questions or would like to feature a regular segment on your radio station tailored to your audience, contact [media@eatright.org](mailto:media@eatright.org).



#### :30 RADIO SCRIPTS



#### Ethan Bergman

Men's Nutrition  
Fill Your Plate with Colorful Foods

LISTEN

Download

LISTEN

Download



#### Amy Jamieson-Petonic

Grocery Tote Safety  
Healthy Snacking for Kids

LISTEN

Download

LISTEN

Download



#### Constance Brown-Riggs

Eating Gluten-Free  
Senior Health and Fitness



#### Jim White

Enjoy Your Food, But Eat Less  
Choose Water Over Sugary Beverages

#### :60 RADIO SCRIPTS



#### Sylvia Escott-Stump

Health Benefits of Antioxidants  
Healthy Eating as We Age

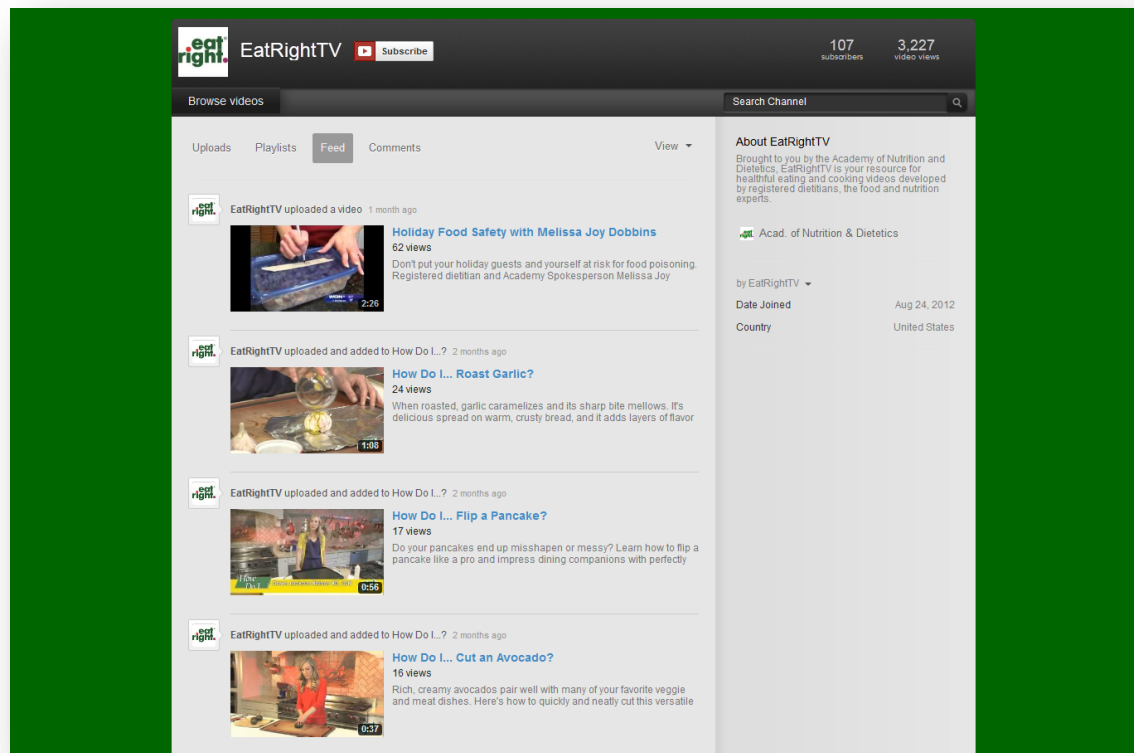


#### Melissa Joy Dobbins

Keeping Kids Healthy Through Go  
Say No to Dangerous Fad Diets  
Preparing for a Healthy Pregnancy

The screenshot shows the CBS Chicago website interface. At the top, there are logos for CBS Chicago, WBBM Newsradio 780, and The Score 670. A search bar and weather information (40°) are visible. Below the navigation bar, there are sections for "SNOW PATROL" with links to Storm Alert, Current Conditions, Traffic, Flight Delays, Closings, and Sand/Pics/Video/Radar. The "Featured Podcasts" section includes "The Boers & Bernstein Show", "WBBM Noon Business Hour", and "Score Interviews". The "Audio Categories" section lists various programs like "WBMM AM", "4:30 News To Go", "8:30 News To Go", "At Issue", "Daily Herald Interview", "Eating Right", "Gardening Tips", "Made in Chicago", "Noon Business Hour", "Presidents Weekly Address", "Real Estate Feature", "Ross Crystal Showbiz Express", and "The Healthy Show". A "Listen LIVE" button is prominently displayed on the right side.

- **Academy videos being seen in health provider waiting rooms and online**
- **Reaching 2.6 million viewers per month**



[www.youtube.com/EatRightTV](http://www.youtube.com/EatRightTV)



Get expert answers to your health questions.

Ask

# Academy of Nutrition and Dietetics

Profile   Answers   Connections   Blog

## Our Mission

The Academy of Nutrition and Dietetics (formerly the American Dietetic Association) was founded in 1917, and is the world's largest organization of food and nutrition professionals. The Academy of Nutrition and Dietetics is committed to improving the nation's health and advancing the profession of dietetics through research, education and advocacy.

Learn more at [www.EatRight.org](http://www.EatRight.org).

### Online:

- [Academy of Nutrition and Dietetics](#)
- [@eatright](#)

### Links:

- [Eat Right Nutrition Resources Guides](#) >
- [Academy of Nutrition and Dietetics](#) >
- [Find a registered dietitian in your area](#) >
- [Kids Eat Right](#) >
- [Home Food Safety](#) >
- [Eat Right Shop](#) >

Tweet 17 +1 0 Like 16 Send



Academy of Nutrition and Dietetics

Follow

# Expanded, Updated Social Media



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- facebook.com/AcademyofNutritionandDietetics
- facebook.com/KidsEatRight
- facebook.com/NatlNutritionMonth



- @FoodNutriMag
- @EatRight
- @eatrightFNCE
- @EatRightPro



- @kidseatright
- @EatrightPIA
- pinterest.com/FoodNutriMag
- pinterest.com/kidseatright

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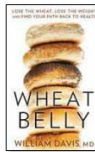
# Reviews of Books and Apps

## by Academy Spokespeople

Review | BOOKS AND MEDIA

### Wheat Belly: Lose the Wheat, Lose the Weight, and Find Your Path Back to Health

Author: William Davis, MD  
 Publisher: Rodale (2011)  
 Reviewed by: Kristi King, MPH, RD, CNSC, LD



Billed as "a provocative look at how eliminating wheat from your diet can help one to lose weight for good, shrink unsightly bulges and reverse a broad spectrum of health problems," there is one rule with this diet: Eliminate wheat in all forms.

While the book's concept is that the hybridization of wheat is taking its toll on human health in forms ranging from diabetes to neurological conditions, it also recommends avoiding substitutions such as potato flour, rice flour and corn meal because "these too increase the metabolic/insulin response." Scientific studies are cited throughout the chapters, but some were in very small subject populations or flawed in design.

The author makes multiple references to dietitians who may not support eliminating an ingredient without medical reasoning to do so, and also states vitamins and mineral supplements

are not necessary when "substituting with appropriate foods." However, because there is very little guidance provided about what the author would consider appropriate substitutions, Wheat Belly dieters who don't work with an RD could potentially set themselves up for deficiencies in vitamins and minerals such as B vitamins, calcium and vitamin D.

**BOTTOM LINE:** The first 12 chapters of the book are spent trying to justify why wheat should be eliminated, while only one chapter and a few appendices explain what is allowed on the diet. Theoretically, eliminating wheat, corn, potatoes and these types of starches could lead to weight loss because it would restrict calories and carbohydrates. But it would take a lot of will power (not to mention food creativity) to follow. (Note: A companion Wheat Belly cookbook was released in December.)

### Food Stamped (2010)

MOVIE REVIEW  
 Reviewed by: Joy Dubout, PhD, RD, CSDS



Directed by, produced by and starring nutrition educator Shiria and filmmaker Yoav Potash, *Food Stamped* follows the couple's attempt to eat a "food stamp budget" for one week with the following ground rules:

- Protein, whole grains and/or fruit and vegetables must be provided at every meal.
- Processed foods are limited.
- Organic items are preferred.
- A registered dietitian will evaluate their diet at the end of the week.
- \$1.19 is allowed per meal per individual.

In addition to following the Potash family's journey, the film also explores food deserts, access to farmers markets, food banks, school breakfast and lunch programs, nutrition outreach programs and policy-related issues such as the Farm Bill.

**SPOILER ALERT!** Ultimately, the Potashes do not consume enough fruits or vegetables, but they are able to generally meet their macronutrient needs — although Yoav's caloric intake is relatively low based on his estimated needs. The video makes statements that are not evidence-based, such as highly touting organic foods over conventional varieties (including canned vegetables that would have fit well within their budget and nutrition needs). The film also demonizes the food industry for causing the obesity epidemic, but gives no mention to the role of physical activity. Nonetheless, the film makes good points about the need for more nutrition education for the public — especially for those on a limited budget — along with access to healthy, affordable food.

Click | ONLINE RESOURCES

#### My Diet Coach

**PLATFORM:** Android  
**SUMMARY:** My Diet Coach uses reminders, tips and a support community to keep dieters motivated to meet their weight-loss goals. Bonus is a food craving timer to challenge users to wait for craving to pass. Paid version includes an extensive diet journal and weight chart. Con: Poor image quality and copious typographical errors.  
**RD SCORE: ★★★★★ (3)**

#### eatTipster

**PLATFORM:** Apple  
**SUMMARY:** Created by the Dietitians of Canada, eatTipster delivers daily, scientifically-sound healthy eating tips in a personable, conversational tone. Favorite tips can be easily shared via email, text, Facebook and Twitter. Con: There is no apparent way to review previous tips nor saved to favorites. Tips are not categorized or searchable.  
**RD SCORE: ★★★★★ (5)**

#### Thryve

**PLATFORM:** Apple  
**SUMMARY:** As a diet tracker, Thryve provides a visually appealing log of meals and food recording tool. Cons: The scoring system is unclear and the food database is extremely limited. In its current stage, it's unlikely it will help the average consumer eat healthier or lose weight, but it may help track one's feelings around meal times.  
**RD SCORE: ★★★★★ (2)**

#### iPharmacy

**PLATFORM:** Apple and Android  
**SUMMARY:** Designed for medication management with data on 20,000 FDA-approved drugs, iPharmacy has dosage and frequency reminders, a find-it feature to identify which local pharmacies carry what medications and drug recall alerts. Cons: High potential for user error when entering dosage reminders or adding new drugs to the database.  
**RD SCORE: ★★★★★ (4)**

#### SparkRecipes

**PLATFORM:** Apple, Android, BlackBerry  
**SUMMARY:** SparkRecipes easy-to-use app offers thousands of healthy recipes organized by category, course, cuisine, occasion and dietary needs. Users can save recipes to the favorites list and easily convert common cooking measures. Con: Most recipes and nutrition info are user-generated and may not be reliable.  
**RD SCORE: ★★★★★ (6)**

#### iCookbook Diabetic

**PLATFORM:** Apple  
**SUMMARY:** From the editors of Diabetic Cooking and the original iCookbook app comes iCookbook Diabetic with more than 500 recipes sorted by theme (30 minutes, low-fat, low-carb, vegetarian, slow cooker and kid-friendly), tool to scale ingredients to change number of servings, nutrition analysis and dietary exchanges. Con: The article bank is a little limited.  
**RD SCORE: ★★★★★ (1)**

#### Juice

**PLATFORM:** Apple  
**SUMMARY:** Juice is an energy tracker that, through logging activities such as sleep, diet and exercise, can help users identify behaviors that enhance or deplete their physical energy. The app is very simple to use, provides tips and resources from experts including RDs, and generates a weekly report that tracks progress and helps prioritize healthy habits for the upcoming week.  
**RD SCORE: ★★★★★ (4)**

#### Diet Assistant

**PLATFORM:** Android  
**SUMMARY:** With meal plans that range from "Vegetarian: Cleaning Your Body" to "Healthy: Variety is Key" and using basic height, weight, activity and gender info, Diet Assistant allows users to customize meal plans, build shopping lists and chart weight-loss progress. Cons: Menus are not nutritionally balanced and overlook the role of hydration and beverages.  
**RD SCORE: ★★★★★ (2)**



Read the expanded reviews at [FoodandNutritionMag.org/resources/app-reviews](http://FoodandNutritionMag.org/resources/app-reviews).

Contributing editor Marisa Moore, MBA, RD, LD, is a consultant based in Atlanta and teaches nutrition and Georgia State University.

[www.eatright.org/dietreviews](http://www.eatright.org/dietreviews)  
[www.eatright.org/appreviews](http://www.eatright.org/appreviews)

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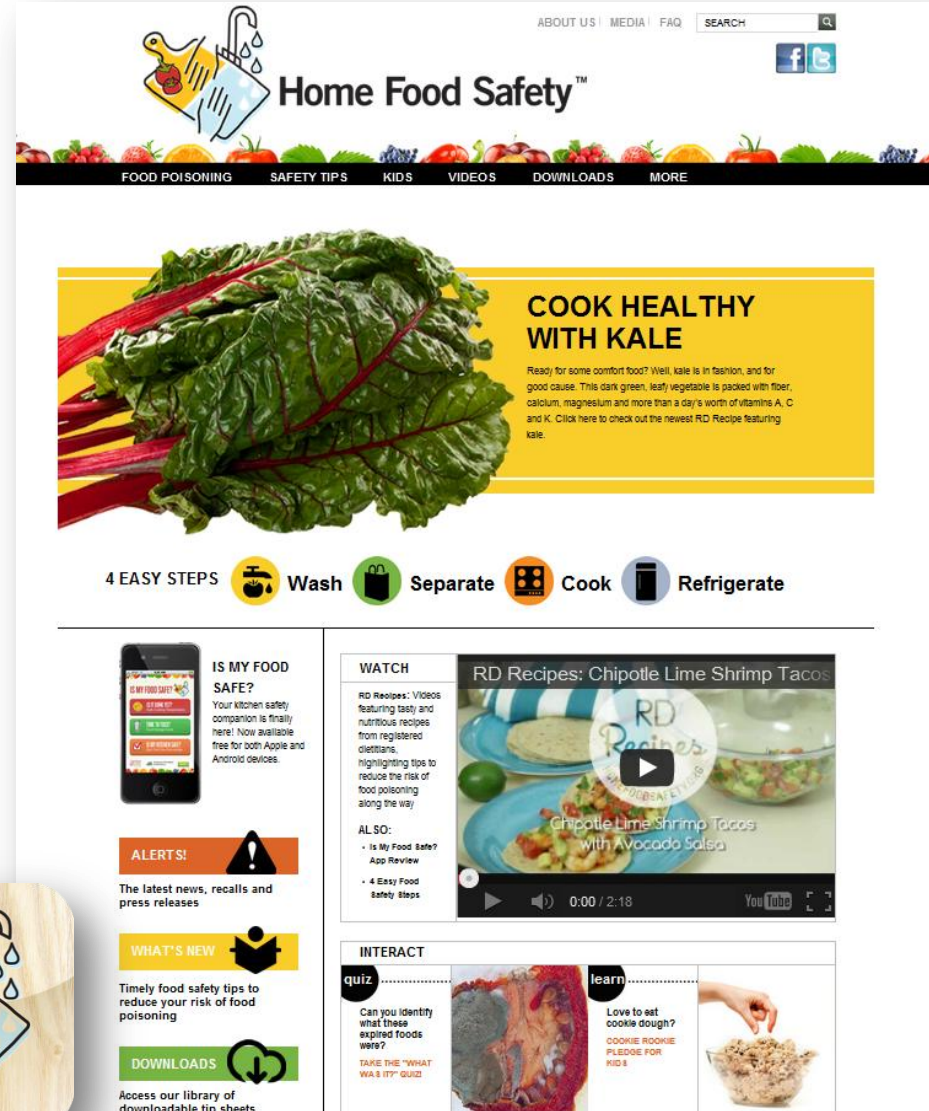
# Easily and Safely Handle Food

## HomeFoodSafety.org

- Tip sheets, quizzes, educational materials
- *RD Recipes* video series
- Much more

## Is My Food Safe? app

- Cooking temperatures
- Shelf life of foods
- Kitchen Safety quiz







ABOUT US | MEDIA | FAQ | SEARCH

**Home Food Safety™**

FOOD POISONING SAFETY TIPS KIDS VIDEOS DOWNLOADS MORE


### COOK HEALTHY WITH KALE


Ready for some comfort food? Well, kale is in fashion, and for good cause. This dark green, leafy vegetable is packed with fiber, calcium, magnesium and more than a day's worth of vitamins A, C and K. Click here to check out the newest RD Recipe featuring kale.


4 EASY STEPS  Wash  Separate  Cook  Refrigerate

#### IS MY FOOD SAFE?

Your kitchen safety companion is finally here! Now available free for both Apple and Android devices.

**ALERTS!**   
The latest news, recalls and press releases

**WHAT'S NEW**   
Timely food safety tips to reduce your risk of food poisoning

**DOWNLOADS**   
Access our library of downloadable tip sheets

#### WATCH

RD Recipes: Videos featuring tasty and nutritious recipes from registered dietitians, highlighting tips to reduce the risk of food poisoning along the way.

**ALSO:**

- Is My Food Safe? App Review
- 4 Easy Food Safety Steps

RD Recipes: Chipotle Lime Shrimp Tacos

Chipotle Lime Shrimp Tacos with Avocado Salsa

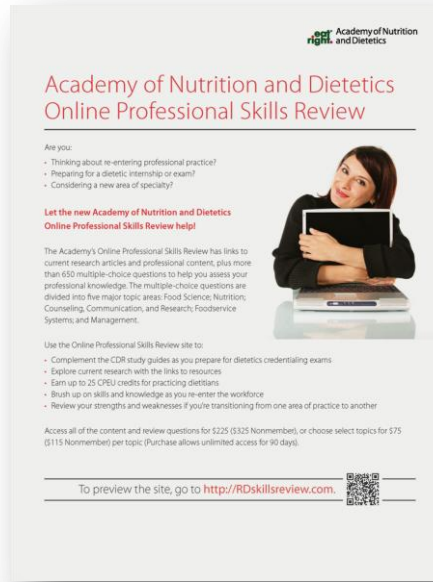
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#### INTERACT

**quiz** Can you identify what these expired foods were? TAKE THE "WHAT WAS IT?" QUIZ

**learn** Love to eat cookie dough? COOKIE ROOKIE PLEDGE FOR KIDS

# Books and Resources



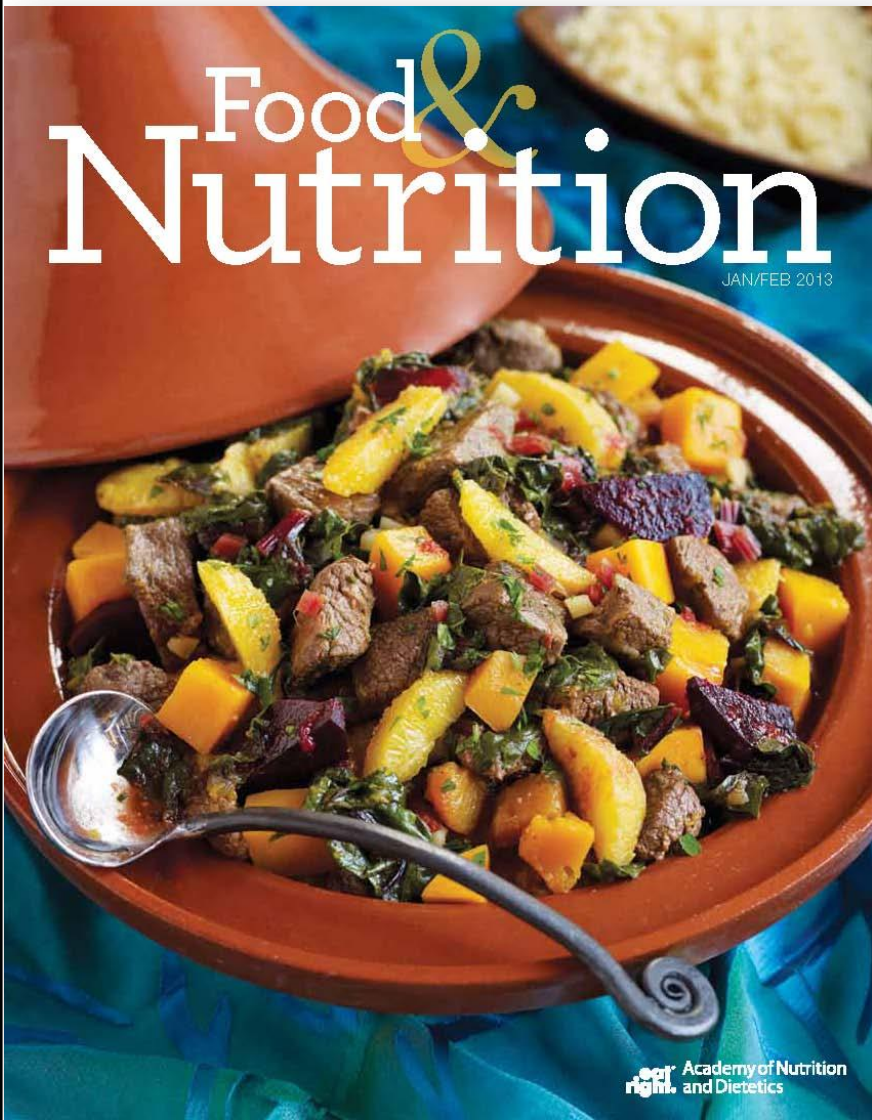
- **Print and web versions**
- **New apps**
- **Consumer imprint: Eat Right Press**

- **Nutrition Care Manual: resources replace traditional print manuals**

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# Award-Winning Magazine

**eat right.** Academy of Nutrition and Dietetics



## And interactive website

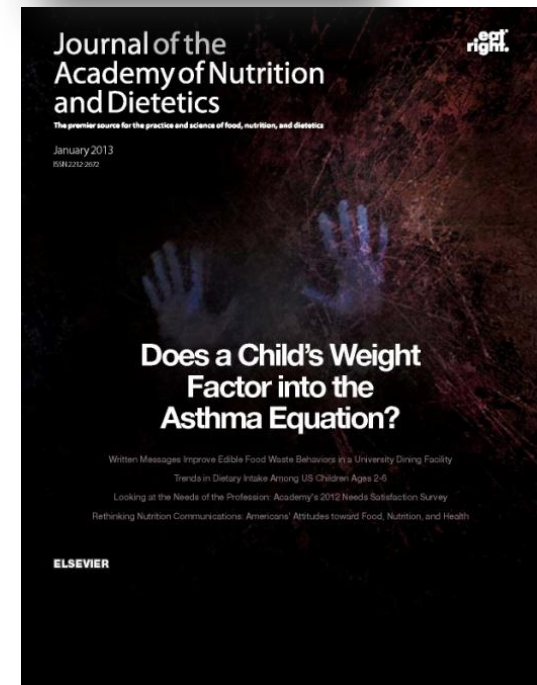
The screenshot shows the website's header with navigation links: INTERACT, SUBMIT a letter to the editor, RECOMMEND a book for review, and JOIN the Academy. The date is Tuesday, January 15, 2013. The site title is 'Food & Nutrition' with the tagline 'MAGAZINE OF THE WORLD'S LARGEST ORGANIZATION OF FOOD AND NUTRITION PROFESSIONALS'. A search bar and a menu with options like Features, Blog, and Resources are present. The main content area features a featured article 'A TASTE OF AFRICAN HERITAGE' with a sub-headline 'Present meets past - with a dash of nutrition.' and a list of other articles: 'Celebrating Snout-to-Tail', 'Cauliflower Close Up', 'Can Meat Be Humane?', 'The Original Slow Cooker', and 'A Taste of African Heritage'. A 'Stone Soup' section promotes guest bloggers. A 'WHAT'S THE WORD' section includes tweets from @smnutritionist and @DietitianKerri. A 'VIEW THE CURRENT ISSUE' section lists recent articles and a 'Become a Snacktivist' link.

**FoodandNutritionMagazine.org**

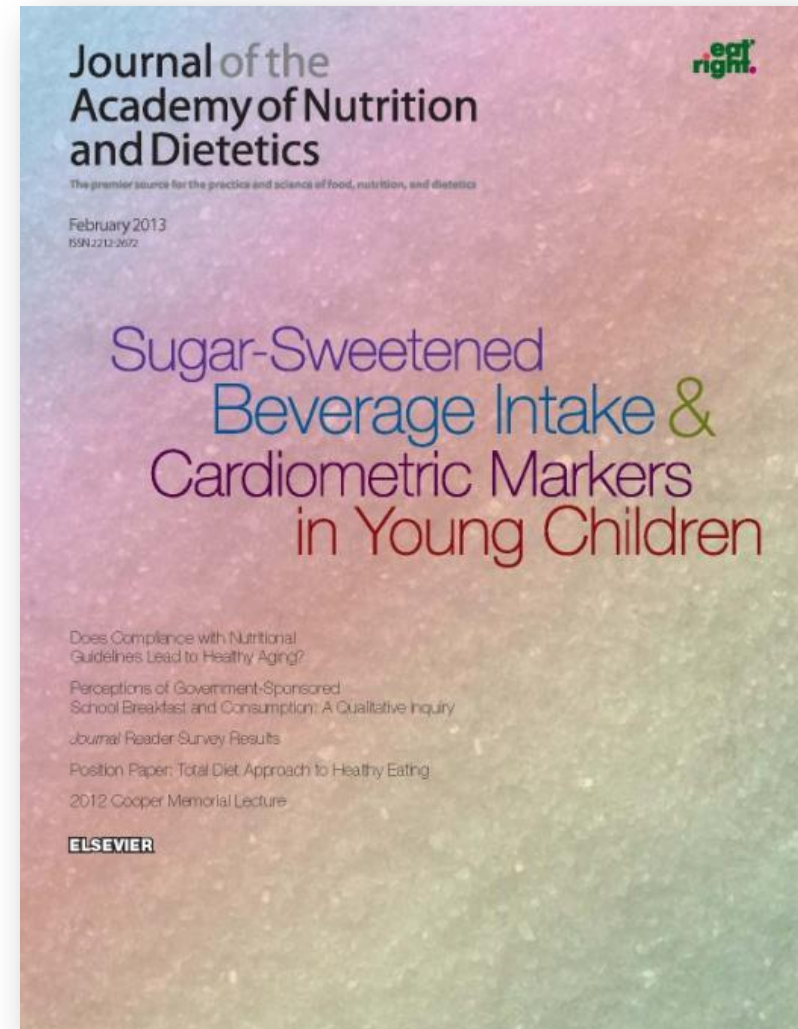
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# Making History at the *Journal*

- **New Editor-in-Chief: Linda Snetselaar, PhD, RD**
- **Select research, other articles posted pre-print at [andjrn1.org/inpress](http://andjrn1.org/inpress)**
- ***Journal's* Impact Factor is 3.586, increase of more than 10 percent over previous year**



# ***Journal* Hot Topic Areas**



- **Malnutrition Resource Center**  
**[malnutrition.andjrnl.org](http://malnutrition.andjrnl.org)**
- **Topic Collections**  
**[www.andjrnl.org](http://www.andjrnl.org)**
  - **Childhood Obesity and Overweight**
  - **Nutrient Analysis and Menu Labeling**
  - **Nutritional Genomics**
  - **Cultural Competency**
  - **More**



Academy of Nutrition and Dietetics  
Academy of Nutrition and Dietetics Foundation

# Members Take Action

**Educate, advocate, demonstrate expertise**



**[www.eatright.org/volunteer](http://www.eatright.org/volunteer)**

**[www.facebook.com/KidsEatRight](https://www.facebook.com/KidsEatRight)**

**Twitter: @KidsEatRight**

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# Kids Eat Right Toolkits

- *Healthy Breakfast. Everywhere You Go.*
- *Healthy Snacking. In a Nutshell.*
- *Family Champions. One Change at a Time.*
- *Family Meals. Anytime. Anyplace.*
- *Myth Busters. For Parents.*
- *Hunger in Our Community. What We Can Do.*

## Family Meals. Anytime. Anyplace.



**Family Meals = Healthier Families**  
There are many benefits to family meals, including an opportunity to provide nutrients you and your family need. These four nutrients are considered "gap" nutrients because most adults and children do not get enough of them:

- Potassium**
  - Vegetables (potatoes, spinach, broccoli, and tomatoes), fruits (orange juice and bananas), dairy (milk and plain yogurt), seafood (halibut and clams) and beans
- Dietary Fiber**
  - Beans and peas, vegetables (potatoes and greens), fruits (oranges and mangos), whole grain cereals, and nuts (1 oz. portion)
- Calcium**
  - Low-fat dairy foods (milk, yogurt, cheese) and fortified foods (cereal, orange juice)
- Vitamin D**
  - Fortified foods (milk, soy milk, orange juice, cereal), fish (salmon, tuna), and egg yolks



### Simple Meal Ideas

**Keep It Simple**  
pre-washed salad, pre-cut veggies, frozen fruits and veggies, canned fruits and veggies, long-lasting produce

**Time-Saving Tips**  
bagged salad greens, whole grains that cook in minutes, instant brown rice, quinoa, whole grain pasta, pizza dough or crusts, long-lasting vegetables, canned beans and vegetables, leftovers

**On-the-Go Meals**  
just wrap-it, tacos to-go, go anywhere sandwiches, pita stuffed with salad

**Cook Once—Eat Twice**  
make extra, fill your oven every time you turn it on, double it up for example: bake some potatoes and a whole chicken

**Quick Stove Top Pleasers**  
stir-fry, ham and beans, pasta with sauce, taco night, scrambled eggs, oat, beans and fruit bar



## Healthy Snacking. In a Nutshell.

### Snacking Activity

**Portable Snacks**  
Using what you learned today, list five healthy snacks that you can keep with you in the car, take to work, or keep in your gym bag. Each snack should include one or two food groups and have less than 200 calories.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Cooler Snacks**  
List three snacks you could put in the cooler and take on a trip, field game, etc. Follow the same snacking rules: one or two food groups with less than 200 calories total.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



## Healthy Breakfast. Everywhere You Go.

### ACTIVITY

Fruit	Vegetable	Whole Grain	Lean Protein	Low-Fat Dairy
Apple	Spinach	Cereal	Egg	1% Milk
Banana	Bell Pepper	Bread	Lean or Soy Sausage	Reduced Fat Cheese Slices
Berries	Tomato	English Muffin	Nuts	Reduced Fat Shredded Cheese
Raisins	Onion	Oatmeal	Seeds	String Cheese
Mango	Mushrooms	Crackers	Chicken Breast	Low-Fat Yogurt
Pineapple	Salsa	Tortillas	Tofu	Soy Milk
Your Choice!	Your Choice!	Your Choice!	Your Choice!	Your Choice!

Write Down your ideas for healthy breakfast. Don't see what you like? Use the "Your Choice!" option to add in favorite healthy foods of your own! Use the back of this sheet for help with planning your breakfast.

### My Breakfast Ideas:

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all ages baby toddler preschooler gradeschooler teen

## Welcome to KidsEatRight.org

your source for scientifically-based health and nutrition information you can trust to help your child grow healthy. As a parent or caretaker you need reliable resources and you can find them here, backed by the expertise of nutrition professionals.



# 1.7 million+ Page Views



### shop smart

To encourage a healthy lifestyle, get your children involved in selecting the food that will appear at the breakfast, lunch or dinner table.



### cook healthy

Involve your child in the cutting, mixing and preparation of all meals. Even a snack can be healthy.



### eat right

Sit down together as a family to enjoy a wonderful meal and the opportunity to share the day's experiences with one another.



### article of the week

#### Kids Have Allergies? Meal Options at School

Does your child have a food allergy or intolerance? Partner with your school's food service and nutrition staff (many of whom are registered dietitians) to find safe and nutritious opt... [more >](#)

[more articles](#)



### hot tip

#### Sell By, Use By. What Do They Mean?

Many food products include open dating on the label or packaging. The most common are sell-by, use-by and expiration date. Here's what they mean. [more >](#)

★★★★★  
reviews (5)

[more tips](#)



### recipe of the week

#### Lemon Fresh Tabbouleh

Tabbouleh is a classic Middle Eastern dish. This version, inspired by the Palouse region's vast wheat fields, is considerably slimmed down from the traditional version. [more >](#)

[more recipes](#)

### featured video



#### Pretzel Crusted Chicken

Hesitant to feed your kids those frozen, breaded and fried chicken nuggets? This pretzel crusted chicken slashes calories and fat. [more >](#)

★★★★★  
reviews (3)

[more videos](#)

# Champions for Healthy Kids

- **Ten years in partnership with General Mills Foundation**
- **\$10,000 micro-grants annually to 50 nonprofits**
- **Innovative nutrition and physical activity programs for youth**
- **All enlist the expertise of a registered dietitian**

The screenshot shows the General Mills website's 'commitment' page. The header includes navigation links for INVESTORS, MEDIA CENTER, HEALTH & WELLNESS, RECIPES, and a search bar. Below the header, there are tabs for COMPANY, COMMITMENT, BRANDS, and CAREERS. The 'commitment' section is highlighted in blue. Under 'COMMUNITY ACTION', several categories are listed, including 'Champions for Healthy Kids'. The main content area features a circular image of children and the text: 'The General Mills Foundation, in partnership with the American Dietetic Association Foundation and the President's Council on Physical Fitness, developed the Champions for Healthy Kids grant program in 2002. Each year since inception, the General Mills Foundation awards 50 grants of \$10,000 each to community-based groups that develop creative ways to help youth adopt a balanced diet and physically active lifestyle. In addition, the General Mills Foundation sponsors up to 50,000 young people each year to participate in the President's Challenge and earn the Presidential Active Lifestyle Award for their commitment to a physically active and fit lifestyle. The Presidential Active Lifestyle Awards recognize youth ages 6 to 17 for establishing and maintaining a physically active lifestyle. General Mills has invested over \$18 million dollars and reached more than 3.5 million youth across the country to improve their nutrition and fitness behaviors.' A sidebar on the right lists various resources and links related to the program.

# Scholarships, Grants and Awards

- **\$515,000 through scholarships**
- **\$175,000 through research funds**
- **\$35,000 research grant funded through Food and Nutrition Research Endowment**
- **Endowment is fully funded by members**



# Childhood Obesity Research

## Examples:

- **BMI<sup>2</sup> study: “Brief Motivational Interviewing to Reduce Child Body Mass Index”**
- **NIH-funded Follow-Up to Healthy Lifestyles Research Study**



# You Make It Possible



- **Goal: Increase numbers of member who donate**
- **Every dollar counts**
- **Goal: \$75,000 by June 1**

[www.eatright.org/foundation/donate](http://www.eatright.org/foundation/donate)

*Making History: Academy Update*

# Still Making History



*Making History: Academy Update*

# Keep Making History

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**eat**  
**right.** Academy of Nutrition  
and Dietetics

## Academy of Nutrition and Dietetics

100<sup>th</sup>  
ANNIVERSARY

*Founded as the American Dietetic Association*

**1917 – 2017**

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