Introduction

Media Guide

2012–2013
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Addressing the national epidemic of childhood obesity… Deciphering the latest diet books and trends… Packing a healthy lunch for the kids… Herbal remedies and supplements… Eating gluten-free… Food allergies… Food safety… Sports nutrition… African-American and Latino 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.

**RD = Food and Nutrition Expert**

All Academy spokespeople are registered dietitians—the food and nutrition experts when it comes to eating well and improving your health through nutrition. Registered dietitians earn their expert status through education and experience. The most trained and experienced health professionals when it comes to food and nutrition, RDs 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 credential** when seeking food and nutrition advice.

**Contact Us**

The Academy’s Strategic Communications team is available to help with everything from providing background information to arranging an interview with a spokesperson.

**Phone:** 800/877-1600  
**Email:** media@eatright.org

**Ryan O’Malley:** Media Relations Manager, ext. 4769  
**Doris Acosta:** Director of Strategic Communications, ext. 4822  
**Allison MacMunn:** Public Relations Manager, ext. 4802  
**Irene Perconti:** Administrative Assistant, ext. 4806  
**Tom Ryan:** Senior Editorial Manager, ext. 4894
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, www.eatright.org, which contains a wealth of science-based information and advice for the public on eating well and optimizing health.

Features of the public section of www.eatright.org include:
· Tips on helping reduce childhood obesity
· Information on nutrition throughout the life cycle, from infancy through senior years
· Advice for achieving and maintaining a healthy weight
· Information on prevention and management of diseases including diabetes, cancer and celiac disease
· What to do if you have food allergies or intolerances
· Important information on purchasing, preparing and serving the safest possible food
· Timely features such as a “Tip of the Day” and the latest food and nutrition information and trends
· Videos highlighting all aspects of the dietetics profession
· A searchable database of registered dietitians throughout the United States.

www.eatright.org/media

This section is designed to be particularly valuable to journalists. Visit regularly for news releases, press kits, photos and other media materials including:
· RSS feeds of the Academy’s press releases
· Downloadable PDF of this Media Guide
· Reviews of popular diet books and apps, written by Academy spokespeople
· Complete texts of Academy position papers with audio summaries of newer papers
· RDs Weigh In blog written by Academy spokespeople
· Press materials for National Nutrition Month® and Registered Dietitian Day
· Press information for the Academy’s annual Food & Nutrition Conference & Expo
· Video library of the Academy’s public service announcements and consumer videos
· Surveys of consumer attitudes and trends on food and nutrition
· Area to sign up to receive media alerts and releases from the Academy.
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 general topics and have established expertise in specialty areas of nutrition as well. Academy spokespeople are devoted to their profession. They’re committed to telling the public and media the straight story. You’ll find their knowledge and their enthusiasm to be contagious.

Beginning on page 17, you’ll find biographical sketches of the Academy’s 2012–2013 spokespeople along with their top areas of expertise. Additional areas of spokespeople’s expertise can be found in the index beginning on page 54.

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 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 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, led by Lenna F. Cooper and the association’s first president, Lulu C. Graves, who were dedicated to helping the government conserve food and improve the public’s health and nutrition during World War I.

After 95 years, the association changed its name in January 2012 to the Academy of Nutrition and Dietetics. The new name complements the focus of the organization to improve the nutritional well-being of the public, while communicating the academic expertise of its members and supporting the history as a food- and science-based profession. The Academy of Nutrition and Dietetics quickly and accurately communicates our identity—who we are and what we do.

Vision
Optimizing the nation’s health through food and nutrition

Mission
Empowering members to be the nation’s food and nutrition leaders

Website
www.eatright.org

Location
Headquarters:
120 South Riverside Plaza, Suite 2000
Chicago, IL 60606
800/877-1600

Government Relations office:
1120 Connecticut Avenue N.W., Suite 480
Washington, DC 20036
800/877-0877

Social Media
www.facebook.com/EatRightNutrition
www.twitter.com/EatRight
www.youtube.com/AcademyMedia
Leaders 2012–2013
The Academy is led by a Board of Directors comprised of national leaders in nutrition and health. The dietetics profession is governed by a 98-member elected House of Delegates.

President: Ethan A. Bergman, PhD, RD, FADA, CD
President-elect: Glenna McCollum-Cloud, DMOL, MPH, RD
Speaker of the House: Becky Dorner, RD, LD
Chief Executive Officer: Patricia M. Babjak

Membership
Approximately 72 percent of the Academy’s more than 73,000 members are registered dietitians and 2 percent are dietetic technicians, registered. Other members include consultants, educators, researchers and students. Nearly half of all Academy members hold advanced academic degrees. Academy members represent a wide range of practice areas and interests including public health; diet 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.

Affiliated associations
Fifty state dietetic associations, plus the District of Columbia, Puerto Rico and the American Overseas Dietetic Association, are affiliated with the Academy. Within these groups, there are about 230 district associations.

What is a registered dietitian?
A registered dietitian is a food and nutrition expert who has met academic and professional requirements including:
• Earning a bachelor’s degree with course work 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
• Completing an accredited, supervised, experiential practice program at a health-care facility, community agency or foodservice corporation
• Passing a national examination administered by the Commission on Dietetic Registration
• Completing continuing professional educational requirements to maintain registration. Some RDs hold additional certifications in specialized areas such as pediatric or renal nutrition and diabetes education.
What is a dietetic technician, registered?
A dietetic technician, registered, often working in partnership with registered dietitians, screens, evaluates and educates patients; manages and prevents diseases such as diabetes and obesity and monitors patients’ and clients’ progress. DTRs work in settings like hospitals and clinics, extended-care facilities, home health-care programs, schools, correctional facilities, restaurants, food companies, foodservice providers, public health agencies, government and community programs like Meals on Wheels, health clubs, weight management clinics and wellness centers. DTRs must complete a two-year college degree in an approved dietetic technician program, have supervised practice experience and pass a nationwide examination to earn the DTR 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 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 dietitians and dietetic technicians, registered. Through the accreditation and approval of more than 600 undergraduate and graduate didactic, dietetic technician and supervised practice programs, 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 2012 Food & Nutrition Conference & Expo will be October 6 to 9 in Philadelphia, Pa. At its conference, the Academy brings together approximately 10,000 registered dietitians, 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 130 research and educational presentations, lectures, debates, panel discussions and culinary demonstrations. More than 350 exhibitors from corporations, government and nonprofit agencies showcase new consumer food products and nutrition education materials.
Media at FNCE
Journalists are encouraged to attend and cover FNCE. Media credentials and complimentary conference registration are available for working members of the press employed by established news organizations and to qualified bloggers. For more information on covering the Academy’s Food & Nutrition Conference & Expo, including who is eligible for media credentials, visit www.eatright.org/fnce/media.

Future FNCE dates
October 19–22, 2013: Houston, Texas
September 27–30, 2014: San Diego, Calif.

National Nutrition Month® and Registered Dietitian Day
The Academy offers consumers timely, objective food and nutrition information through numerous programs and services. National Nutrition Month®, created in 1973 and celebrated in March, promotes healthful eating and provides practical nutrition guidance. Registered Dietitian Day was created in 2007 to recognize RDs’ countless contributions to the health of the public. Registered Dietitian Day will be March 13, 2013.

Government and public policy
The Academy’s government affairs office, based in Washington, D.C., works with state and federal legislators and agencies on public policy issues affecting consumers and the practice of dietetics, including health-care reform; licensure of registered dietitians; 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 weight management, functional foods, vegetarian nutrition, dietary fiber, food and water safety, communicating food and nutrition information to the public, healthy pregnancy, biotechnology and nutrition and athletic performance. Position Papers are derived from the latest available research and facts. Texts of Academy Position Papers are available at www.eatright.org/positions.
Journal of the Academy of Nutrition and Dietetics
The most widely read peer-reviewed periodical in the 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 www.andjrnl.org.

Academy of Nutrition and Dietetics Foundation
The Academy of Nutrition and Dietetics Foundation was established in 1966 as a 501(c)(3) public charity. Its mission is to fund the future of dietetics through research and education. The Foundation’s vision is to be a leader in promoting and achieving healthy weight for children, helping to reduce the growing prevalence of childhood obesity. 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. Energy Balance 4 Kids (EB4K) is a project developed through a partnership between the Academy of Nutrition and Dietetics Foundation and the Healthy Weight Commitment Foundation. EB4K is a pilot program that is helping to promote nutrition education in schools by creating opportunities for RD-Nutrition Coaches to work with children in schools.

Kids Eat Right
The Academy of Nutrition and Dietetics and its Foundation launched their first joint initiative, Kids Eat Right, in November 2010. This member-driven campaign is dedicated to supporting the efforts of the White House to end the childhood obesity epidemic within a generation. The Academy knows that children need a high-quality diet of the right foods to optimize their growth and development and to maintain a healthy weight. Learn more at www.KidsEatRight.org.

Home Food Safety
The Academy and ConAgra Foods’ award-winning national Home Food Safety program educates consumers about the serious health issue of foodborne illness in the home. Through its website and a public awareness campaign, the program provides simple solutions so Americans can easily and safely handle food in every part of their home. Learn more at www.HomeFoodSafety.org.
Top 10 Reasons to Consult a Registered Dietitian

For anyone who wants to eat healthfully, reduce their risk for disease and find ways to incorporate physical activity into their daily routine, consulting with a registered dietitian is a great first step on the road to good nutrition and health. To locate a registered dietitian in any part of the country, visit www.eatright.org.

Below are consumers’ Top 10 Reasons to Consult with a Registered Dietitian:

1. **You have prediabetes and want to stave off diabetes.** A registered dietitian can change your life by teaching you skills that will help you lose and keep off weight and keep diabetes at bay.

2. **Your community has high levels of obesity.** A registered dietitian can work with public health, government, school and other local leaders to create wellness programs that promote healthful eating and physical activity for everyone.

3. **You are a marketing manager for a large food company and know consumers’ preference for good-tasting food that is healthy.** A registered dietitian can make the connection and work with your food scientists to develop new products that will be successful in the marketplace.

4. **You want to improve your performance in sports.** A registered dietitian can help you set goals to achieve results — whether you’re running a marathon, skiing or jogging with your dog.

5. **You have had gastric bypass surgery.** Since your stomach can only manage small servings, it’s a challenge to get the right amount of nutrients in your body. A registered dietitian will work with you to develop an eating plan for your new needs.
6. You realize you need to feed your family healthier foods but you do not cook. A registered dietitian who has special culinary skills can teach you how to cook in a simple, healthful and convenient way.

7. You or your child has issues with food and eating healthfully. A registered dietitian can assist with eating disorders like anorexia, bulimia and overweight issues.

8. Your community wants more local foods to be available. A registered dietitian can lead efforts to make sure foods will not only be healthy, but also will positively affect the local economy.

9. You just had your first child, are concerned the baby is not eating enough and need help and confidence for breastfeeding. A registered dietitian can provide guidance and assurance that you and your infant are getting enough iron, vitamin D, fluoride and B vitamins.

10. Your parents, who are increasing in age, want to stay in their home. A registered dietitian leading a local congregate dining and home-delivered meals program can obtain a nutrition screening to make sure this happens.
Academy’s Healthful-Eating Messages

• For trusted, accurate, timely and practical nutrition information, seek the advice of a registered dietitian. Through their education, knowledge and experience, RDs specialize in translating nutrition science into practical advice.

• Among many valuable health services, a registered dietitian can help you overcome eating disorders; set realistic weight loss and weight management goals for yourself and your family; and achieve your optimal athletic performance.

• Visit www.eatright.org to locate a registered dietitian near you.

• There is no “magic bullet” for safe and healthful weight management. Successful weight management is a lifelong process. It means adopting a lifestyle that includes a healthful eating plan, coupled 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 diet. What may be the best approach for one person may not be the answer for another.

• The base of most healthy people’s eating plans should be fruits, vegetables, whole grains and low-fat protein and dairy.

• There is no better time than the early years to make an impact on the lifelong eating and exercise 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 healthy foods, practice what they teach and make sure physical activity is incorporated into each day.
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:

• Recommendations that promise a quick fix
• Dire warnings of danger from a single product or regimen
• Claims that sound too good to be true
• Simplistic conclusions drawn from a complex study
• Recommendations based on a single study
• Statements refuted by reputable scientific organizations
• Lists of “good” and “bad” foods
• Recommendations made to help sell a product
• Recommendations based on studies not peer reviewed
• Recommendations from studies that ignore differences among individuals or groups.
Consumer Publications from the Academy

365 Days of Healthy Eating from the American Dietetic Association
Roberta Larson Duyff, MS, RD, FADA, CFCS
Wiley

American Dietetic Association Complete Food and Nutrition Guide (4th ed.)
Roberta Larson Duyff, MS, RD, FADA, CFCS
Wiley
Available as a Kindle Download

American Dietetic Association Cooking Healthy Across America
American Dietetic Association, Food and Culinary Professionals Dietetic Practice Group
and Kristine Napier, MPH, RD
Wiley

American Dietetic Association Easy Gluten-Free: Expert Nutrition Advice With More Than 100 Recipes
Tricia Thompson, MS, RD, and Marlisa Brown, RD, CDE, CDN
Wiley
Available as a Kindle download

Expect the Best: Your Guide to Healthy Eating Before, During and After Pregnancy
Elizabeth M. Ward, MS, RD
Wiley

Healthy Eating, Healthy Weight for Kids and Teens
Jodie Shield, MEd, RD, and Mary Catherine Mullen, MS, RD
Academy of Nutrition and Dietetics/Eat Right Press

Launching Your Dietetics Career
Kyle W. Shadix, MS, RD, and D. Milton Stokes, MPH, RD,
with Jenna A. Bell, PhD, RD
Academy of Nutrition and Dietetics/Eat Right Press

These publications are available in bookstores, through online retailers and at www.eatright.org/shop. Media can request review copies by calling 800/877-1600, ext 4769.
Commonly Used Dietetics Abbreviations and Credentials

CDE: Certified Diabetes Educator
CDN: Certified Dietitian/Nutritionist (state credential)
CSSD: Board Certified Specialist in Sports Dietetics
CSG: Board Certified Specialist in Gerontological Nutrition
CSO: Board Certified Specialist in Oncology Nutrition
CSP: Board Certified Specialist in Pediatric Nutrition
CSR: Board Certified Specialist in Renal Nutrition
DrPH: Doctor of Public Health
DTR: Dietetic Technician, Registered (national credential)
FADA: Fellow of the American Dietetic Association
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
PhD: Doctor of Philosophy
RD: Registered Dietitian (national credential)
2012–2013 Academy Spokespeople
Karen Ansel
MS, RD, CDN

Areas of Expertise:
• Eating Away from Home
• Family Nutrition
• Food Preparation and Meal Planning
• Healthful Shopping
• Recipe Development and Makeovers

Ansel is a freelance writer, book author, recipe developer and a contributing editor at Woman’s Day. She is coauthor of The Calendar Diet: A Month by Month Guide to Losing Weight While Living Your Life (Wagging Tail Press 2012); Healthy In A Hurry: Simple, Wholesome Recipes for Every Meal of the Day (Weldon Owen 2012); and The Baby & Toddler Cookbook (Weldon Owen 2010) and is also a contributing author to Macmillan’s Nutrition and Well-Being A to Z (2004). Ansel also provides nutrition and culinary consulting for corporations. She is a former adjunct instructor in the department of nutrition, food studies and public health at New York University. Previously, Ansel was the New York City media representative for the New York State Dietetic Association. Ansel is a graduate of Duke University. She earned a master’s degree from New York University.
Deborah (Debbi) Beauvais
RD, CDN, SNS

Areas of Expertise:
• Food Labels, Label Reading
• Food Preparation and Meal Planning
• Food Safety
• School Meals
• School Nutrition Policy

Beauvais has 30 years of experience in foodservice management, including 12 years feeding children in schools. She is the district supervisor of school nutrition services at the Gates-Chili Central School District and the East Rochester Union Free School District. Under her direction, these programs have received Best Practice Awards from the New York Office of General Services and the New York Department of Education for excellence in marketing school meals, creative and innovative school nutrition practices and increasing breakfast participation. Beauvais is ServSafe-certified and a New York State Education Department master instructor in food sanitation and safety. She is the 2012–2013 president of the New York School Nutrition Association and a member of the Education Committee for the National School Nutrition Association. Beauvais worked in health-care foodservice management at Saga/Marriott/Sodexo, taught at a local cooking school and worked as a corporate nutrition consultant. She served as an adjunct professor at Monroe Community College. Beauvais is a graduate of the University of Dayton.
Rachel Begun
MS, RD, CDN

Areas of Expertise:
• Celiac Disease
• Family Nutrition
• Food Allergies
• Gluten Intolerance
• Restaurants, Culinary, Chefs and Culture

Begun is the owner of a food and nutrition communications practice that provides consulting, education and communications services to health and education organizations and the food industry, including manufacturers, retailers, foodservice providers and culinary schools. She previously worked in public relations and nutrition communications. Begun is a scientific/medical advisory board member of the National Foundation for Celiac Awareness and a Delicious Living advisory board member. She is also chair of the Dietitians in Business and Communications dietetic practice group of the Academy of Nutrition and Dietetics, receiving the group’s 2011 Founder’s Award. Begun graduated Phi Beta Kappa from Emory University as a pre-medical studies student and earned a master’s degree in nutrition education from Columbia University.
Ethan Bergman  
PhD, RD, CD, FADA

Areas of Expertise:
• Children’s Nutrition  
• Infant Nutrition  
• School Meals  
• School Nutrition Policy  
• Sports Nutrition and Fitness

Bergman is the associate dean in the College of Education and Professional Studies and professor of food science and nutrition at Central Washington University. He was named CWU Distinguished University Professor in 2001–2002 and was named by the Washington State Dietetic Association as Outstanding Registered Dietitian of the Year in 2000. He is a past delegate and past speaker of the Academy’s House of Delegates and was the Academy’s president-elect in 2011–2012. Bergman is a former high school biology, physics, mathematics and computer science teacher and a former volleyball and wrestling coach. He has served on the Academy’s Educator’s Task Force on Education Reform in Dietetics Education and on the Evidence-Based Practice Committee. A graduate of Linn-Benton Community College and Eastern Oregon State College, Bergman received master’s degrees in biology from the University of Oregon and in interdisciplinary studies in biology, general studies and education from Western Oregon State College. Bergman earned his doctorate from Washington State University.
Joan Salge Blake  
MS, RD, LDN

Areas of Expertise:
• Aging and Nutrition
• Cardiovascular Nutrition
• Diet Books and Trends
• Functional Foods and Phytochemicals
• Obesity and Weight Management

Blake is a clinical associate professor and director of the dietetic internship at Boston University’s Sargent College of Health and Rehabilitation Sciences. In 2012, she was nominated by the university for the U.S. Professor of the Year Award and previously received the university’s prestigious Whitney Powers Excellence in Teaching Award. Blake is the author of Nutrition & You (Pearson 2012); Nutrition & You: Core Concepts to Good Health (Pearson 2010) and Eat Right the E.A.S.Y. Way (Simon & Schuster 1991) and a co-author of Nutrition: From Science to You (Pearson 2009). Blake is a past recipient of the Massachusetts Dietetic Association’s Recognized Young Dietitian of the Year Award and was named the Academy’s 2007 Outstanding Dietetic Educator. In 2009, she was honored as an Outstanding Dietitian. Good Housekeeping named her “The Most Trusted Person to Follow on Twitter” for healthy eating advice. Blake is a summa cum laude graduate of Montclair State University and earned a master’s degree from Boston University. She is working toward a doctorate in educational media and technology at Boston University.
Constance Brown-Riggs
MSEd, RD, CDE, CDN

Areas of Expertise:
• African-American Nutrition
• Behavior and Lifestyle Modification
• Cultural Competency
• Diabetes
• Insulin Resistance and Metabolic Syndrome

Brown-Riggs owns a nutrition counseling practice and is an award-winning registered dietitian and certified diabetes educator. She is the author of *The African American Guide to Living Well with Diabetes* (New Page Books 2010) and *Eating Soulfully and Healthfully with Diabetes* (iUniverse 2006). As a speaker, educator and author, her work has appeared in books for health professionals and consumers alike. Brown-Riggs conducts diabetes education workshops and seminars for schools, churches and other organizations, reaching thousands of people each year. She is past president of both the New York State Dietetic Association and the Long Island Dietetic Association. Her professional honors include the Academy’s 2012 Excellence in Practice – Consultation & Business Practice Award, the 2009 Distinguished Dietitian Award from the New York State Dietetic Association and the 2007 Diabetes Educator of the Year from the Academy’s Diabetes Care and Education dietetic practice group. Brown-Riggs is a graduate of Queens College, where she also earned a master’s degree.
Judy Caplan
MS, RD

Areas of Expertise:
• Eating Away from Home
• Food Labels, Label Reading
• Food Preparation and Meal Planning
• Healthful Shopping
• Weight Loss

Caplan is the owner of Nutrition Ammunition, which specializes in dietary transformation, weight loss and preventive health, and a frequent speaker at health events for Fortune 500 companies, government organizations and schools. Caplan was the nutrition director at Canyon Ranch in Tucson, Ariz., and contributed to Jane Fonda’s Workout Book (Random House Value Publishing 1986). Her recent books include GoBeFull – Eight Keys to a Healthy Life (available on iTunes), which helps consumers “keep fit in a fattening world.” Caplan developed the “GoBeFull” health awareness program (Greens, Olive oil, Beans, Exercise, Fruit, Unrefined grains, Lean protein, Labels) to help people grasp basic nutrition and lifestyle concepts that lead to wellness and reduced risk of chronic disease. Caplan earned bachelor’s and master’s degrees from the University of Arizona.
Jessica Crandall
RD, CDE
Academy Spokesperson

Areas of Expertise:
• Behavior and Lifestyle Modification
• Diabetes
• Family Nutrition
• Obesity and Weight Management
• Sports Nutrition and Fitness

Crandall is the general manager at Denver Wellness and Nutrition Center-Sodexo. She specializes in nutritional counseling in weight management, bariatric education, diabetes prevention and management, cardiac diet modification, renal diet guidance, celiac disease and oncology and works with children with special nutritional needs. She is a certified diabetes educator and an aerobics instructor. In 2009, Crandall was named the Colorado Dietitian of the Year. She also served as president of the Colorado Dietetic Association from 2010 to 2011. Active in efforts to obtain licensure for Colorado dietitians, she was the licensure chair for the state association in 2008. She is a graduate of Colorado State University.
Melissa Joy Dobbins
MS, RD, LDN, CDE

Areas of Expertise:
- Diabetes
- Family Nutrition
- Food Safety
- Healthful Shopping
- Obesity and Weight Management

With more than 20 years of experience, Dobbins has worked in clinical and outpatient nutrition, launched a consumer nutrition education program for Chicago’s leading grocery chain and conducted nutrition communications for the National Dairy Council. In 2011, Dobbins founded Sound Bites Inc., promoting “sound science, smart nutrition and good food.” She teaches at Kendall College Culinary School and media coaches other health professionals and culinary experts. A certified diabetes educator, Dobbins holds certificates in both adult weight management and child and adolescent weight management. She was named the Outstanding Diabetes Educator of the Year in 2011 by the Chicago chapter of the American Association of Diabetes Educators and was named the Recognized Young Dietitian of the Year in 2004 by the Illinois Dietetic Association. Dobbins has been published in the Journal of Nutrition Education and The ADA Manual of Clinical Dietetics. Dobbins is a graduate of Southern Illinois University – Carbondale and earned a master’s degree from the University of Missouri.
Joy Dubost
PhD, RD, CSSD

Areas of Expertise:
• Epidemiology
• Fad Diets
• Functional Foods and Phytochemicals
• Obesity and Weight Management
• Sports Nutrition and Fitness

Dubost is the director of nutrition and healthy living at the National Restaurant Association. She was responsible for the planning, development and implementation of the award-winning, nationally recognized healthy dining program for children called Kids LiveWell. She frequently speaks on scientific topics at national and international conferences. Dubost has authored research articles for scientific journals and writes nutrition and food science articles for professional and consumer publications. She has received numerous honors, including induction into the national honor society, Phi Kappa Phi. Dubost has been a media spokesperson for the New York State Dietetic Association and chair of the restaurant subgroup of the Academy’s Food and Culinary Professionals Dietetic Practice Group. She also serves on the nutrition division leadership team for the Institute of Food Technologists. She is a board-certified specialist in sports dietetics and a national competitor in figure skating. Dubost earned an undergraduate degree from Hood College, a master’s degree from the University of Georgia and a doctorate from Pennsylvania State University.
Sylvia Escott-Stump  
MA, RD, LDN  

Areas of Expertise:  
• Aging and Nutrition  
• Dietetics Profession  
• Functional Foods and Phytochemicals  
• Medical Nutrition Therapy  
• Nutrition and Genetics  

Escott-Stump directs the dietetic internship at East Carolina University and is an internationally known speaker and consultant to physicians, groups, long-term care facilities, businesses and educational organizations. She is the author of seven editions of *Nutrition and Diagnosis-Related Care* and five editions of *Krause’s Food and the Nutrition Care Process*. At the Academy of Nutrition and Dietetics, she is the organization’s immediate past president; previously, she served as speaker of the House of Delegates and was the first chair of the standardized language task force. She is also the Academy’s representative to the International Confederation of Dietetic Associations. Her honors include the Academy’s Medallion Award, North Carolina Dietetic Association’s Member of the Year, Pennsylvania’s Outstanding Dietitian and the first Margene Wagstaff Fellowship for Innovation in Dietetics Education. Escott-Stump earned two degrees from the Indiana University of Pennsylvania and received the 1997 Distinguished Alumni Award.
Ruth Frechman  
MA, RD, CPT  

Areas of Expertise:  
• Aging and Nutrition  
• Employee Wellness Programs  
• Food Safety  
• Obesity and Weight Management  
• Sports Nutrition and Fitness

Frechman is a private-practice nutrition consultant, owner of On the Weigh, a nutrition therapy and weight-control center, and an ACE-certified personal trainer. She is the author of *The Food Is My Friend Diet* (Gales Publishing 2012). Frechman organizes nutrition-related public events, fairs and other programs that promote healthy eating and physical activity. She has served as a spokesperson for the American Cancer Society, Project LEAN and the California Nutrition Network. Since 2000, Frechman has been a media spokesperson for the California Dietetic Association and is a past president of CDA’s Los Angeles district affiliate. She is a member of Toastmasters International and has earned the distinguished toastmaster certificate. Frechman is a graduate of Ripon College and earned a master’s degree from California State University – Los Angeles.
Jeannie Gazzaniga-Moloo
PhD, RD

Areas of Expertise:
- Cancer Nutrition
- Cardiovascular Nutrition
- Environmental Nutrition
- Epidemiology
- Gastrointestinal Nutrition

Gazzaniga-Moloo is a professor at California State University – Sacramento, teaching food and nutrition. With more than 25 years experience working with individuals, professional groups, wellness centers and schools, Gazzaniga-Moloo has authored research articles for science journals, written for national magazines and served as a nutrition expert for the Kids’ Health and Safety community board on Parents.com. Gazzaniga-Moloo has co-authored or contributed to three cookbooks in the No-Salt, Lowest Sodium series (St. Martin’s Press 2001–2007). She served as director of the cardiovascular disease outreach, resources and epidemiology program at the California Department of Health Services. Gazzaniga-Moloo has served on advisory committees for the Centers for Disease Control and Prevention, California Governor’s Council on Physical Fitness and Sports and California Project LEAN. She chairs the Public Information Committee of the American Society of Nutrition. Gazzaniga-Moloo is a graduate of the University of California—Davis. She received a master’s degree from Texas A&M University and a doctorate in preventive medicine and environmental health with an emphasis in epidemiology from the University of Iowa.
Gerbstadt is a writer and nutrition consultant and a board-certified anesthesiologist. She is the author of *Doctor’s Detox Diet: The Ultimate Weight Loss Prescription* (Nutronics 2011). Gerbstadt is a certified specialist in sports dietetics, a certified diabetes educator, an ACE-certified personal trainer and a clinical exercise specialist with the American College of Sports Medicine. She has completed several triathlons and marathons, including Boston in 2000, 2007 and 2011. Gerbstadt is a graduate of Pennsylvania State University and earned a master’s degree from the University of California – Berkeley. She earned a medical degree from the Medical College of Pennsylvania and completed her residency training in anesthesia at Harvard Medical School’s Brigham and Women’s Hospital.
Andrea Giancoli
MPH, RD

Areas of Expertise:
• Fad Diets
• Food Policy and Programs
• Public Health
• Raw Food Diets
• Vegetarian Eating

Giancoli is a nutrition advocate, consultant and educator. Prior to becoming a registered dietitian, she was a television news producer for CNN and CBS. Giancoli is the nutrition policy consultant for the California Center for Public Health Advocacy, where she authors policy briefs and supports cities in Los Angeles County develop and adopt healthful food and beverage polices. Previously, she was the nutrition policy specialist for the Los Angeles Unified School District, where she worked to implement landmark food and beverage policies designed to improve nutrition environments on school campuses. As co-founder of Fit4School, Giancoli has partnered with many districts to create local wellness policies and produce nutrition education programs for students, teachers and parents. She leads behavioral change programs designed to improve the management of type 2 diabetes in seniors; frequently lectures to professional and community groups on healthy living and is a former instructor of human nutrition at the UCLA Extension program. Giancoli has held positions within the California Dietetic Association’s Los Angeles District, including public policy chair, state media representative and district representative. She is also a past recipient of CDA’s Emerging Dietetic Leader Award. Giancoli is a graduate of UCLA, where she also earned her master’s degree.
Angela Ginn  
RD, LDN, CDE  

Areas of Expertise:  
• African-American Nutrition  
• Diabetes  
• Family Nutrition  
• Holistic Medicine/Nutrition  
• Recipe Development and Makeovers

Ginn works as a program coordinator at the University of Maryland Center for Diabetes and Endocrinology at Maryland General Hospital, where she counsels patients on treating and managing diabetes and other endocrine diseases. She is also the owner of Real Talk Real Food, a consulting practice for health care, corporations and organizations. She develops nutrition education programs for disease prevention. Reaching clients across the country, she provides diabetes education as a virtual coach for Fit4d. She is a writer for medical industry and conducts webinars for consumers on diabetes and nutrition related topics. In addition, Ginn continues to work with the local government on promotion of healthy eating and physical activity within the community. Ginn is the founder of Mocha Foodies, a group of African-American nutrition professionals formed to educate members of minority groups on healthy eating and to mentor students at historically black colleges and universities who are studying dietetics. She is assisting the National Organization of Blacks in Dietetics and Nutrition as a college liaison for universities and internships. Ginn is a graduate of Morgan State University.
Amy Jamieson-Petonic  
MEd, RD, CSSD, LD, LMT

Areas of Expertise:
• Eating on a Budget
• Sports Nutrition and Fitness
• Weight Loss
• Wellness
• Worksite Nutrition

An exercise physiologist and licensed massage therapist in addition to being a registered dietitian, Jamieson-Petonic has extensive experience in the role of healthy living and vitality. She is a professional speaker on corporate nutrition and fitness, weight management and wellness. She is also the president of Nutrition Today with Amy J, a consulting company that helps individuals and corporations meet their health and wellness goals. In her role as a director of wellness coaching in the Cleveland Clinic Wellness Enterprise, Jamieson-Petonic has written an exceptional online nutrition program called Go! Foods for You, based on the latest clinical research on the benefits of following a Mediterranean-based program. Go! Foods has been offered to Cleveland Clinic employees as well as organizations in the community. Jamieson-Petonic graduated from the University of Akron and earned a graduate degree from Cleveland State University.
Ximena Jimenez  
MS, RD, LD

Areas of Expertise:
• Behavior and Lifestyle Modification
• Cardiovascular Nutrition
• Children’s Nutrition
• Latino Nutrition
• Obesity and Weight Management

Jimenez provides individual and group nutrition counseling to children and adults and is a certified ServSafe instructor. As a consultant, she has worked with organizations including United Way, Advanced Health Education Center, Food and Drug Administration, Sysco, Family Christian Association of America, Favorite Staffing, Humana Healthcare, Paradise Christian School, BTG pharmaceuticals, Vista Healthcare and SMH Diabetes Care Center. Jimenez has appeared as a guest expert on Telemundo, Univision, Caracol and Univision Radio, and is the nutrition expert for the national radio program Salud y Familia with Dr. Huerta. Jimenez is a former legislative chairperson of the Miami Dietetic Association. She is a graduate of Florida International University, where she earned a master’s degree in communications.
Melinda Johnson
MS, RD

Areas of Expertise:
• Breast Feeding
• Dietetics Profession
• Family Nutrition
• Infant Nutrition
• Maternal and Prenatal Nutrition

Johnson is the director of the didactic program in dietetics and lecturer at Arizona State University, where she teaches courses in nutrition communication and nutrition in the media. She is the owner of a nutrition consulting company, where she has worked with nonprofit agencies and nutrition education programs to improve menus and deliver accurate nutrition education. She is also a freelance writer and frequent guest speaker for professional and consumer organizations. Previously, Johnson worked extensively in public health, primarily with the Arizona Department of Health Services, specializing in maternal health, breast feeding and infant and family nutrition. Johnson is active with the Arizona Dietetic Association and is a graduate of Arizona State University, where she earned a master’s degree.
Kristi King
MPH, RD, CNSC, LD

Areas of Expertise:
• Adolescent Nutrition
• Children’s Nutrition
• Gastrointestinal Nutrition
• Infant Nutrition
• Medical Nutrition Therapy

King is a senior pediatric dietitian at Texas Children's Hospital in Houston and a clinical instructor at Baylor College of Medicine, providing nutrition counseling to children and their families, specializing in chronic malabsorptive and intestinal conditions. King was an essential member of the development of Baylor College of Medicine’s two-week nutrition and physical activity-based summer weight loss camp for obese children. She serves as a co-investigator for nutrition research projects including quality improvement, obesity and nutrition support. King is a frequent speaker to health professionals and the public, in both local and national settings, and serves as a nutrition expert and advisory board member for many community and health organizations. King was the recipient of the Houston Area Dietetic Association’s Recognized Young Dietitian of the Year Award in 2008. She is a graduate of Florida State University and earned a master’s degree in public health from the University of Texas.
Sarah Krieger
MPH, RD, LD

Areas of Expertise:
• Children’s Nutrition
• Community Nutrition
• Eating on a Budget
• Infant Nutrition
• Maternal and Prenatal Nutrition

Krieger is a consultant and instructor for community education programs for All Children’s Hospital in the Tampa area. She is lead instructor for the hospital’s Fit4AllKids (ages 8–12), Fit4AllTeens (ages 13–18) and Fit4AllMoms (pregnant women) weight management and fitness for families programs. Krieger also works with obstetric physicians, researching and focusing on obese pregnant women to prevent excessive weight gain during pregnancy. The outcome of this study will become a community program called Happy Moms, launching in 2015. Krieger also consults for Healthy Start, working with women during pre-conception and pregnancy and children from birth to age 3. Krieger is the past president of the Pinellas Dietetic Association and is chairman of the district presidents of the Florida Dietetic Association. She creates nutrition education videos through SarahRD.tv. Krieger is a graduate of Central Michigan University and earned a master’s degree from the University of South Florida.
Angela Lemond
RD, CSP, LD

Areas of Expertise:
- Cardiovascular Nutrition
- Children’s Nutrition
- Family Nutrition
- Gastrointestinal Nutrition
- Obesity and Weight Management

Lemond works in private practice, assisting children, adults and families with preventive nutrition as well as food therapy to treat a variety of medical conditions. Lemond is board-certified as a specialist in pediatric nutrition and holds a certification in child and adolescent weight management. On her Mommy Dietitian blog, she writes about her challenges raising healthy children and offers tips and resources on how to make living well easier. She is the recipient of the 2011 Texas Dietetic Association Media Award and the 2010 Academy of Nutrition and Dietetics Emerging Dietetics Leader Award. Lemond is a graduate of the University of Texas Southwestern Allied Health Sciences Center.
Heather Mangieri  
MS, RD, CSSD, LDN  

Areas of Expertise:  
• Adolescent Nutrition  
• Fad Diets  
• Obesity and Weight Management  
• Sports Nutrition and Fitness  
• Supplements and Vitamins

Mangieri is an award-winning expert in wellness and human performance and is a board-certified specialist in sports dietetics. She owns Nutrition CheckUp, a consulting practice that specializes in sports nutrition, weight management and family wellness. She also coaches weight management and wellness clients to improve their life with nutrition and physical activity in order to feel better and prevent disease. Mangieri frequently writes on sports nutrition and weight management topics and speaks to consumers and professionals. She is a former faculty member in the department of exercise science at Chatham University and was an instructor at the University of Pittsburgh. Mangieri is on the leadership team of the Academy’s Sports, Cardiovascular and Wellness Nutrition dietetic practice group and is active with the Pennsylvania and Pittsburgh dietetic associations. In 2012, Mangieri received the Keystone Award for demonstrating outstanding professional standards. In 2008, she was Pennsylvania’s Young Dietitian of the Year. Mangieri is a graduate of Pennsylvania State University. She earned a master’s degree from the University of Pittsburgh.
Glenna McCollum
DMOL, MPH, RD

Areas of Expertise:
• Children’s Nutrition
• Disease Prevention
• Education Technology
• Health Education
• Sustainable Agriculture

McCollum is the vice president of health and nutrition at PhycoBiosciences, Inc. and serves on Arizona’s statewide leadership board of directors for Project CENTRL (Center for Rural Leadership). She was a founding member of Gold Canyon Bank and served as the inaugural president of Chandler University; assistant dean and director of nutrition of Central Arizona College; and chief executive officer of the Chandler Education Foundation.

McCollum is a nationally known speaker, a published author and was the editor for more than 20 nutrition textbooks during her tenure at Central Arizona College. She also directed the production of Giggles, Squiggles, and Squirms, an early childhood education series promoting good nutrition, physical activity and parent involvement in early learning.

In addition to serving on the Academy’s Board of Directors, McCollum was the speaker for the House of Delegates and vice-chair of the Quality Management Committee. She was recognized as the Outstanding Educator of the Year. McCollum served as president of the Arizona Dietetic Association and was recognized as Arizona’s Outstanding Dietitian of the Year. She was recognized as the Outstanding Woman of Chandler and received the Community Service Award from Project CENTRL. McCollum is a graduate of Arizona State University, received a master’s degree from Loma Linda University and a doctorate degree in management and organizational leadership from the University of Phoenix.
Jennifer McDaniel
MS, RD, LD, CSSD

Areas of Expertise:
• Obesity and Weight Management
• Sports Nutrition and Fitness
• Weight Loss
• Wellness
• Women’s Nutrition

McDaniel is a certified specialist in sports dietetics and the founder and owner of McDaniel Nutrition Therapy, a nutrition consulting company that specializes in weight management, sports nutrition and corporate wellness. McDaniel also consults for Carmichael Training Systems, an international endurance sports consulting company, developed by Olympic cyclist Chris Carmichael. She has developed and designed wellness programs for numerous companies and is a professional speaker. McDaniel was the undergraduate director and an instructor in the department of nutrition and dietetics at Saint Louis University from 2006 to 2011. She is a member of the Academy’s Sports, Cardiovascular and Wellness Nutrition; Nutrition Entrepreneurs; and Nutrition Education for the Public dietetic practice groups. She graduated from the University of Tennessee and earned a master’s degree from Saint Louis University.
Marisa Moore
MBA, RD, LD

Areas of Expertise:
• Cardiovascular Nutrition
• Disease Prevention
• Employee Wellness Programs
• Food Labels, Label Reading
• Recipe Development and Makeovers

Moore owns a nutrition consulting practice where she works with corporations, groups and individuals to improve health outcomes in wellness, weight management, heart health and disease prevention. Moore also consults with the food and restaurant industry to develop and promote healthy recipes, food products and campaigns. She is an adjunct instructor in the department of nutrition at Georgia State University and frequently speaks to health professionals and the public on food and nutrition topics. Previously, Moore was the nutrition program manager for the employee wellness program at the U.S. Centers for Disease Control; the corporate nutritionist in research and development for Atlanta Bread Company; and an outpatient dietitian at DeKalb Medical Center where she specialized in diabetes education. Moore earned a specialty certificate in adult weight management in 2006. She is a past president of the Georgia Dietetic Association and continues to be active in local, state and national professional organizations. In 2010, she received the Georgia Emerging Dietetic Leader Award and the Media Excellence Award in 2008. Moore is a graduate of Georgia State University, where she also earned a master’s degree in business administration.
Marjorie Nolan
MS, RD, CDN, ACSM-HFS

Areas of Expertise:
• Diet Books and Trends
• Eating Disorders
• Fad Diets
• Health Coaching
• Stress and Emotional Eating

A specialist in eating disorders and behavior modification and a certified personal trainer, Nolan owns a private consulting practice. She works with individual patients, conducts corporate wellness workshops and is a regular speaker at New York University, Hunter College and Columbia University. Nolan has worked at the Renfrew Center for Eating Disorders, taught nutrition and fitness at the National Personal Training Institute, consulted at New York University’s wellness center and was nutrition director for Metro Behavioral Health Associates. Nolan is a graduate of Indiana University of Pennsylvania, where she also earned a master’s degree.
Dee Sandquist  
MS, RD, LD, CDE  

Areas of Expertise:  
• Aging and Nutrition  
• Celiac Disease  
• Elderly Nutrition  
• Food Allergies  
• Gluten Intolerance  

Sandquist has been a consultant for long-term care facilities and gluten-free certification and was a co-owner of Lingonberries Gluten Free Market. She has worked as a director, assistant director and manager at hospitals in Washington, Iowa and Arizona and as a health facilities surveyor for the Iowa Department of Inspections and Appeals. Sandquist began her career as a consultant dietitian and ad hoc instructor for colleges. Her work on her family farm in Iowa provides her with a clear understanding of the food production chain. Sandquist is a former president of the Southwest Washington District Dietetic Association and worked on the Academy’s Evidence Analysis Project for Celiac Disease and Agriculture and Sustainable Food Production. She was the dietitian for the Portland-Vancouver Gluten Intolerance Group. In 1996, Sandquist received the Distinguished Service Award from the American Society for Healthcare Foodservice Administrators. In 2006, she earned the Commission on Dietetic Registration’s certificate of training in adult weight management. Sandquist is a graduate of Iowa State University, where she also earned a master’s degree.
Vandana Sheth
RD, CDE

Areas of Expertise:
• Children’s Nutrition
• Diabetes
• Food Allergies
• Obesity and Weight Management
• Vegetarian Eating

Sheth has more than 15 years experience in private practice, working with individuals, groups, community organizations and schools. A certified diabetes educator, Sheth has written articles on aspects of nutrition for magazines and other professional publications and has served as a nutrition expert specializing in food allergies and vegetarian nutrition with numerous community organizations. She frequently speaks to groups about food allergies, diabetes, health and wellness, nutrition and disease prevention, and provides hands-on vegetarian cooking demonstrations. Sheth graduated from California State University – Los Angeles.
Toby Smithson  
RD, LDN, CDE  

Areas of Expertise:  
• Community Nutrition  
• Diabetes  
• Kosher Foods  
• Mindful/Intuitive Eating  
• Women’s Nutrition  

Smithson is the founder of DiabetesEveryDay.com, an online guidance and support resource for people with diabetes, where she shares strategies and tools for self-managing diabetes, mixing her professional expertise with personal experience of successfully managing her own diabetes for more than 40 years. She is also the community dietitian for the Lake County, Ill., Health Department and Community Health Center, where she focuses on community-wide nutrition education, public policy and outreach. Smithson regularly appears on the county’s cable TV show “In the Kitchen.” Smithson has developed and implemented diabetes support groups for high school teens, women’s health presentations, child nutrition programming and worksite wellness programs. She is also active in diabetes advocacy groups. She earned the Commission on Dietetic Registration’s certificate of training in adult weight management. In 2009, she was awarded the Illinois Dietetic Association’s Outstanding Dietitian award. Smithson is a past president of the Illinois Dietetic Association and continues to hold leadership positions at the state level. She is a graduate of Northern Illinois University.
Bethany Thayer
MS, RD

Areas of Expertise:
• Behavior and Lifestyle Modification
• Employee Wellness Programs
• Recipe Development and Makeovers
• Wellness
• Worksite Nutrition

Thayer is director of wellness programs and strategies at Henry Ford Health System. She is responsible for the planning, development and implementation of the employee wellness programming for more than 24,000 HFHS employees and oversees a team of health professionals who provide wellness services to other employer groups. Past roles include developing health education programs, such as the award-winning HAP Weight Wise Program and coordinating HFHS’s community nutrition program, Heart Smart®. She is a past writer of the “Ask the RD” column in hapwise magazine and weekly “Heart Smart” column in the Detroit Free Press, developing hundreds of recipes that were compiled into the Heart Smart II Cookbook (Detroit Free Press 1996), the Heart Smart Kids Cookbook (Detroit Free Press 2000) and the Heart Smart III Cookbook (Detroit Free Press 2011). Thayer is a frequent speaker to industry and community groups. She has published numerous scientific studies and is an adjunct faculty member in the School of Health Sciences at Oakland University. Thayer was named the Michigan Dietetic Association’s 1993 Recognized Young Dietitian of the Year, received the MDA Media Award in 2004 and 2006 and was recognized as the 2012 Michigan Outstanding Dietitian of the Year. She is a graduate of Michigan State University and earned a master’s degree in exercise science from Oakland University.
Manuel Villacorta
MS, RD, CSSD

Areas of Expertise:
- Behavior and Lifestyle Modification
- Disease Prevention
- Sports Nutrition and Fitness
- Stress and Emotional Eating
- Weight Loss

Villacorta is the author and creator of Eating Free, a weight-loss program and book and is a certified specialist in sports dietetics with more than 16 years of experience. Villacorta is a health blog contributor for Huffington Post, an on-air contributor for the Univision television network and a health and lifestyle contributor for Fox News Latino. Villacorta is the owner of San Francisco-based private practice, MV Nutrition, the recipient of four “Best Bay Area Nutritionist” awards (2008, 2009, 2010 and 2012) from the San Francisco Chronicle, Citysearch and ABC7. Villacorta is a graduate of the University of California, Berkeley and earned a master’s degree from San Jose State University.
Jim White
RD, ACSM/HFS

Areas of Expertise:
• Employee Wellness Programs
• Fast Food
• Men’s Nutrition
• Obesity and Weight Management
• Sports Nutrition and Fitness

White is the owner of Jim White Fitness and Nutrition Studios and the author of Jim White’s Fit-in-30 Days plan. He is certified by the American College of Sports Medicine as a health fitness specialist, and is the nutrition advisor for Men’s Fitness, monthly fitness contributor for Oxygen and nutrition editor for STACK. White is a past president of the Tidewater Dietetic Association and a current member of the regional board of directors of the National Strength and Conditioning Association. He received the President’s Council on Fitness & Sports Nutrition Community Leadership Award and the 2012 Health Care Hero Award. White was voted as one of the Top 40 Businessmen under 40 in the Hampton Roads region and was recognized in 2009 as Virginia’s Young Dietitian of the Year. He is the sports dietitian for Old Dominion University and serves as chairman of the board of the Junior League’s Healthy Kids Initiative. White is a graduate of Youngstown State University.
To contact an Academy spokesperson, call 800/877-1600, ext. 4769, or email media@eatright.org.

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Creative Editorial Calendar

January
National Birth Defects Awareness Month
New Year
Solutions for resolutions
Thyroid Awareness Month
Tips for taking off holiday pounds

February
American Heart Month
Black History Month
Fitting sweets into the diet
Health benefits of chocolate
National Children’s Dental Health Month
National Wear Red Day
Super Bowl Sunday
Valentine’s Day

March
National Nutrition Month®
Registered Dietitian Day (March 13, 2013)
American Diabetes Alert Day
National Colorectal Cancer Awareness Month
National School Breakfast Week
Save Your Vision Month
Saint Patrick’s Day
World Kidney Day

April
Alcohol Awareness Month
April Fools’ Day
Cancer Control Month
Easter egg safety
Irritable Bowel Syndrome Awareness Month
Myths about food might “fool” you
National Autism Awareness Month
National Minority Health Month
National Public Health Week
Passover
World Health Day
May
Cinco de Mayo
Digestive Diseases Awareness Month
Global Employee Health and Fitness Month
Healthy Vision Month
Mother’s Day
National Barbecue Month
National Celiac Disease Awareness Month
National Family Month
National High Blood Pressure Education Month
National Mediterranean Diet Month
National Osteoporosis Awareness and Prevention Month
National Physical Fitness and Sports Month
National Senior Health & Fitness Day
National Women’s Check-up Day
National Women’s Health Week
Older Americans Month
Physical Fitness and Sports Month
Stroke Awareness Month

June
Family vacations: Eating healthfully on the road
Father’s Day
Fresh Fruits and Vegetables Month
Healthy meals for kids to prepare for Dad
Men’s Health Week
National Dairy Month
Summer festivals

July
Family vacations: Eating healthfully on the road
Healthy foods at ballparks
Healthy foods at state and county fairs
Hydration
Independence Day
Safe summer grilling

August
Avoid the “Freshman 15”
Back to school
Children’s Eye Health and Safety Month
College cooking on a budget
Family vacations: Dashboard dining
Manage a diet on dorm food
Pack a healthy, fun and nutritious lunchbox
Ramadan
World Breastfeeding Week
September
Fruits and Veggies—More Matters Month
Healthy Aging Month
Labor Day
National Celiac Disease Awareness Day
National Childhood Obesity Awareness Month
National Cholesterol Education Month
National Food Safety Education Month
National Women’s Health & Fitness Day
Self-Improvement Month
Whole Grains Month
World Heart Day

October
Academy’s Food & Nutrition Conference & Expo
(October 6–9, 2012)
Bone and Joint Health National Awareness Week
Child Health Day
Halloween
Healthy Halloween treats for kids
Hunger Awareness Month
National Breast Cancer Awareness Month
Vegetarian Awareness Month
Walk to School Day
World Food Day

November
American Diabetes Month
Balance, variety and moderation
Effects of smoking on nutrition, weight gain
Gastroesophageal Reflux Disease Awareness Week
Great American Smokeout
Thanksgiving
Turkey tips

December
Christmas
Hanukkah
Healthy snacks for the holidays
Kwanzaa
National Handwashing Awareness Week
Weight maintenance over the holidays
World AIDS Day (December 1)
Registered dietitians are the most valued source of food and nutrition services.

“There’s absolutely no evidence that a gluten-free diet promotes weight loss.”

Karen Ansel, MS, RD, CDN | US Weekly

“A registered dietitian can properly assess the overall balance of your body and whether you really need to lose a few pounds—or need help setting more appropriate goals.”

Jessica Crandall, RD, CDE | Prevention

“If you’re eating packaged food, like cereal, bread or pasta, check the ingredient list to verify that the first ingredient is in fact a whole grain.”

Marisa Moore, MBA, RD, LD | US News & World Report

“Properly planned vegan diets are healthy, nutritionally adequate and may provide health benefits in the prevention and treatment of many diseases.”

Vandana Sheth, RD, CDE | Everyday Health

“While there’s some concern that the body can’t absorb enough vitamin D from food sources alone, try to aim for foods such as fatty fish that are rich in the nutrient.”

Toby Smithson, RD, LDN, CDE | The Huffington Post

“One of the best things you can do to ensure a healthy baby is to make sure you are eating a healthy diet, with plenty of folate-rich foods, before you get pregnant.”

Bethany Thayer, MS, RD | Parents
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 dietetics through research, education and advocacy.

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