

Evelyn F. Crayton, EdD, RDN
Member, BOD

 Academy of Nutrition
and Dietetics

April 26, 2013

Hawaii Dietetic Association

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	ARABIC	CANTONIAISE	KOREAN
Hello	sal AM	SEU HAYU?	annyo
Goodbye	ma sh sal AMa	pa gwe	annyo
How are you?	kaifal had?	NAU HAYU?	annyo
Please use I'm fine	ana ka KHIE	HAYU	annyo
Please	anna ba HA		
Thank you	SHUKRI		
You're welcome	Al'wan		
Good morning	subu al KHIE		
Good afternoon	masaa al KHIE		
Yes	NA gye		
No	la		
No problem!	ma'af		
1, 2, 3, 4			

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

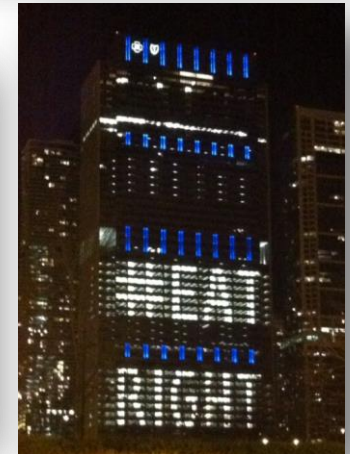
Visit
www.eatright.org

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



We Are Stronger When...

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



Making History: Academy Update



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

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

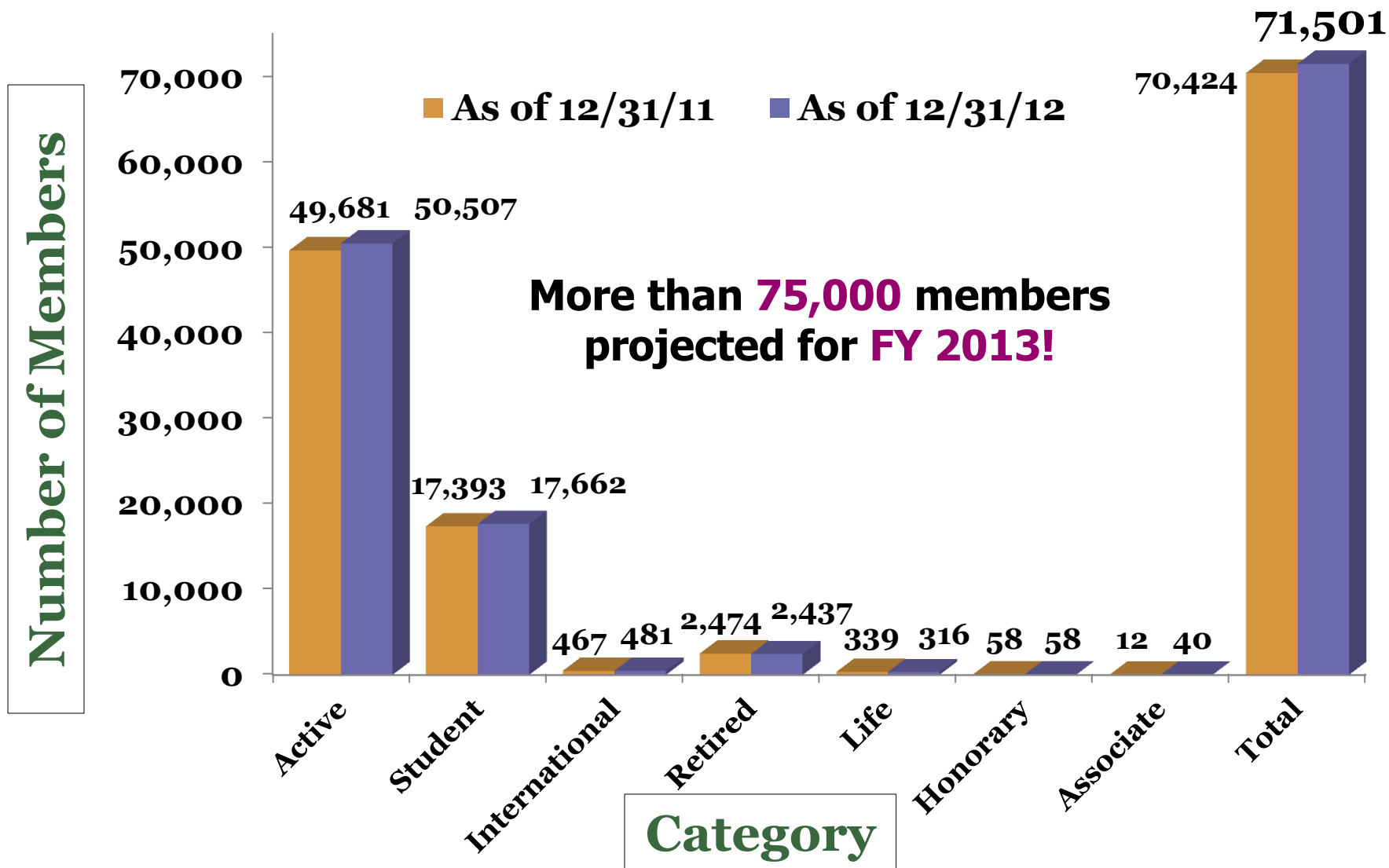
Services

Bright future

Diverse



Record-high Membership



Something for Everyone



And still growing

Making History: Academy Update

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**
- **National Honors and Awards**



Tangible Value

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

Academy Membership: \$226

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

Thank Preceptors...

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



We need more preceptors

Making History: Academy Update

... And Be a Preceptor

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



www.eatright.org/preceptors

Making History: Academy Update

National Nutrition Month

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National Nutrition Month® 2013

Making History: Academy Update

Registered Dietitian Day

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and Dietetics



Registered Dietitian Day
March 13, 2013



Making History: Academy Update

Policy Priority Areas

In Washington, D.C., and states

- **Must be relevant, current**
- **Two major areas:**
 - **Consumer and Community Issues**
 - **Professional Issues**



- **Prevention and treatment of chronic disease**
- **Meeting nutrition needs through the life cycle**
- **Quality nutrition through education, production, access and delivery**
- **Nutrition monitoring and research**



Professional Issues

- **Licensure and protection of the public**
- **Workforce demand: ensuring access to services delivered by qualified practitioners**
- **Outcome-driven nutrition services in changing health systems**



Member Involvement

- **Policy areas related to DPGs**
- **Includes federal agencies with jurisdiction to increase awareness**
- **Supportive research is identified**
- **Will be reviewed annually; our guiding document**



FROM THE ACADEMY
Position Paper

Position of the Academy of Nutrition and Dietetics: Use of Nutritive and Nonnutritive Sweeteners

ABSTRACT

It is the position of the Academy of Nutrition and Dietetics that consumers can safely enjoy a range of nutritive sweeteners and nonnutritive sweeteners (NNS) when consumed within an eating plan that is guided by current federal nutrition recommendations, such as the Dietary Guidelines for Americans and the Dietary Reference Intakes, as well as individual health goals and personal preference. A preference for sweet taste is innate and sweeteners can increase the pleasure of eating. Nutritive sweeteners contain carbohydrate and provide energy. They occur naturally in foods or may be added in food processing or by consumers before consumption. Higher intake of added sugars is associated with higher energy intake and lower diet quality, which can increase the risk for obesity, prediabetes, type 2 diabetes, and cardiovascular disease. On average, adults in the United States consume 14.6% of energy from added sugars. Polyols (also referred to as sugar alcohols) add sweetness with less energy and may reduce risk for dental caries. Foods containing polyols and/or no added sugars can, within food labeling guidelines, be labeled as sugar-free. NNS are those that sweeten with minimal or no carbohydrate or energy. They are regulated by the Food and Drug Administration as food additives or generally recognized as safe. The Food and Drug Administration approval process includes determination of probable intake, cumulative effect from all uses, and toxicology studies in animals. Seven NNS are approved for use in the United States: acesulfame K, aspartame, luo han guo fruit extract, neotame, saccharin, stevia, and sucralose. They have different functional properties that may affect perceived taste or use in different food applications. All NNS approved for use in the United States are determined to be safe.

J Acad Nutr Diet. 2012;112:600-600.

POSITION STATEMENT

It is the position of the Academy of Nutrition and Dietetics that consumers can safely enjoy a range of nutritive and nonnutritive sweeteners when consumed within an eating plan that is guided by current federal nutrition recommendations, such as the Dietary Guidelines for Americans and the Dietary Reference Intakes, as well as individual health goals and personal preference.

SWEETENERS CAN BE GROUPED IN various ways. For the purpose of this article, sweeteners...

• **Glucose** A monosaccharide and the primary source of energy for...

• **Corn-based sweetener** Refers to many products made from corn. These are composed primarily...

American Dietetic Association
Evidence Analysis Library®
www.adaevidencelibrary.com



Hypertension

Evidence-Based Nutrition Practice Guidelines

Executive Summary of Recommendations



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**

www.eatright.org/ANDPAC



Be Active in Advocacy

- **Communicate with Affiliate, DPG Public Policy Panels**
- **Attend Public Policy Workshop**
- **Respond to requests from delegates on professional issues**
- **Make your issues known to your delegates**
- **Vote**
- **Keep our voice strong and united**



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; $\beta = -1.75$; $t[1314] = -2.21$; $P = .028$) 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-

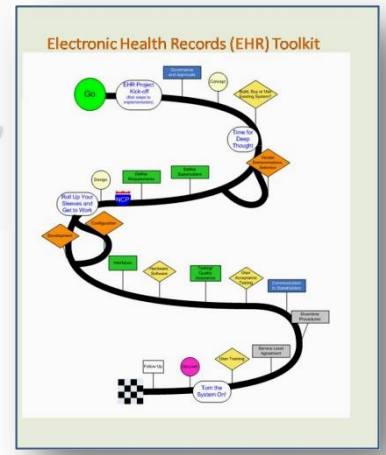
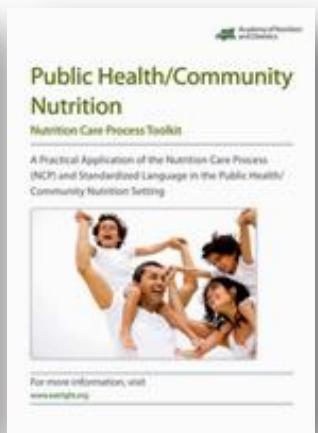
lenge for the United States (Ogden 2006). These individuals are at increased risk of developing type 2 diabetes, hypertension, hyperlipidemia, some types of cancer, and cardiovascular disease (NIH 1998). In addition, the economic toll of being overweight and obesity is substantial. The direct cost of 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?

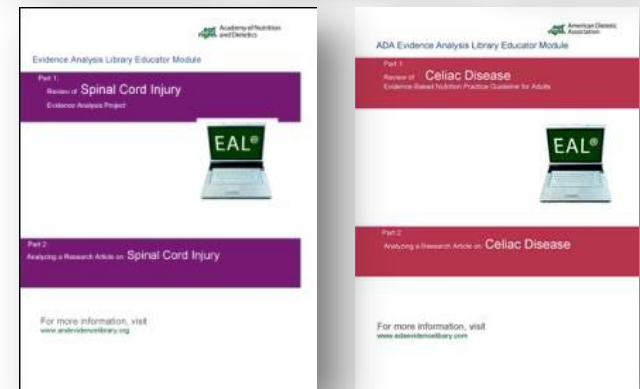
- **IDNT Reference Manual and Pocket Guide (4th ed.)**
- **Electronic Health Records Toolkit**
- **Specialty area toolkits**



Making History: Academy Update

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

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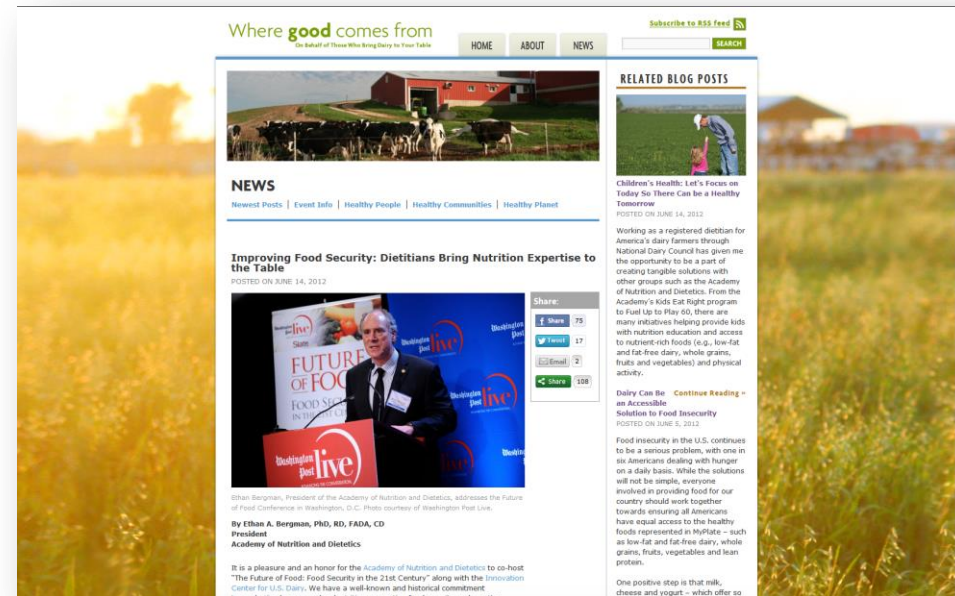
- **Announced at FNCE 2012**
- **24 states, 154 hospitals, more than 60 million meals**
- **Increase fruits and vegetables**
- **More healthy menu options**
- **Keep costs affordable**
- **Adjust how foods are prepared, marketed**



Making History: Academy Update

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 includes a "Center for Professional Development" section with a "24/7 Education" graphic, a "Black History Month" tip of the day, and various resource links such as "Face-to-Face Learning", "Distance Learning", "CPE Toolkit", and "Food & Nutrition Conference & Expo (FNCE)".

Making History: Academy Update

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

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**

Making History: Academy Update

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



Making History: Academy Update

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

Spring 2012:

Continuum of Professional Progression and Growth

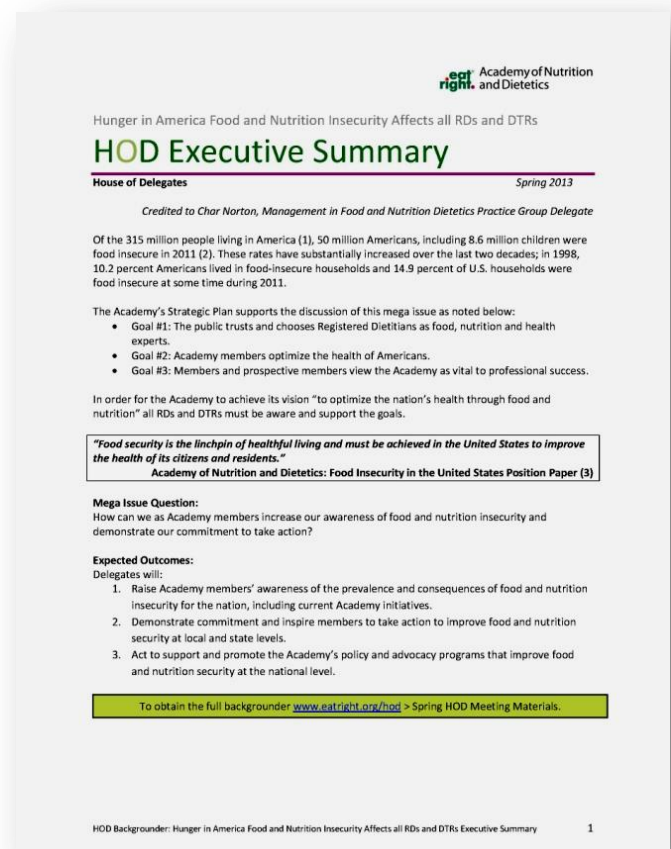
www.eatright.org/hod

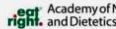
Fall 2012:

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



 Academy of Nutrition
and Dietetics

Hunger in America Food and Nutrition Insecurity Affects all RDs and DTRs
HOD Executive Summary
House of Delegates Spring 2013

Credited to Char Norton, Management in Food and Nutrition Dietetics Practice Group Delegate

Of the 315 million people living in America (1), 50 million Americans, including 8.6 million children were food insecure in 2011 (2). These rates have substantially increased over the last two decades; in 1998, 10.2 percent Americans lived in food-insecure households and 14.9 percent of U.S. households were food insecure at some time during 2011.

The Academy's Strategic Plan supports the discussion of this mega issue as noted below:

- Goal #1: The public trusts and chooses Registered Dietitians as food, nutrition and health experts.
- Goal #2: Academy members optimize the health of Americans.
- Goal #3: Members and prospective members view the Academy as vital to professional success.

In order for the Academy to achieve its vision "to optimize the nation's health through food and nutrition" all RDs and DTRs must be aware and support the goals.

**"Food security is the linchpin of healthful living and must be achieved in the United States to improve the health of its citizens and residents."
Academy of Nutrition and Dietetics: Food Insecurity in the United States Position Paper (3)**

Mega Issue Question:
How can we as Academy members increase our awareness of food and nutrition insecurity and demonstrate our commitment to take action?

Expected Outcomes:
Delegates will:

1. Raise Academy members' awareness of the prevalence and consequences of food and nutrition insecurity for the nation, including current Academy initiatives.
2. Demonstrate commitment and inspire members to take action to improve food and nutrition security at local and state levels.
3. Act to support and promote the Academy's policy and advocacy programs that improve food and nutrition security at the national level.

To obtain the full backgrounder www.eatright.org/hod > Spring HOD Meeting Materials.

HOD Backgrounder: Hunger in America Food and Nutrition Insecurity Affects all RDs and DTRs Executive Summary 1



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:

[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 professional in dietetics. Practitioners can use the list to keep current on ethics and

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**



Making History: Academy Update

On the Radio

EatRight.org/radio

- **EatRight Radio**
- **Free PSAs & 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.

:30 RADIO SCRIPTS

- Ethan Bergman**
Men's Nutrition
Fill Your Plate with Colorful Foods
[LISTEN] [Download]
- Amy Jamieson-Petonic**
Grocery Tote Safety
Healthy Snacking for Kids
[LISTEN] [Download]
- Constance Brown-Riggs**
Eating Gluten-Free
Senior Health and Fitness
[LISTEN] [Download]
- Jim White**
Enjoy Your Food, But Eat Less
Choose Water Over Sugary Beverages
[LISTEN] [Download]

:60 RADIO SCRIPTS

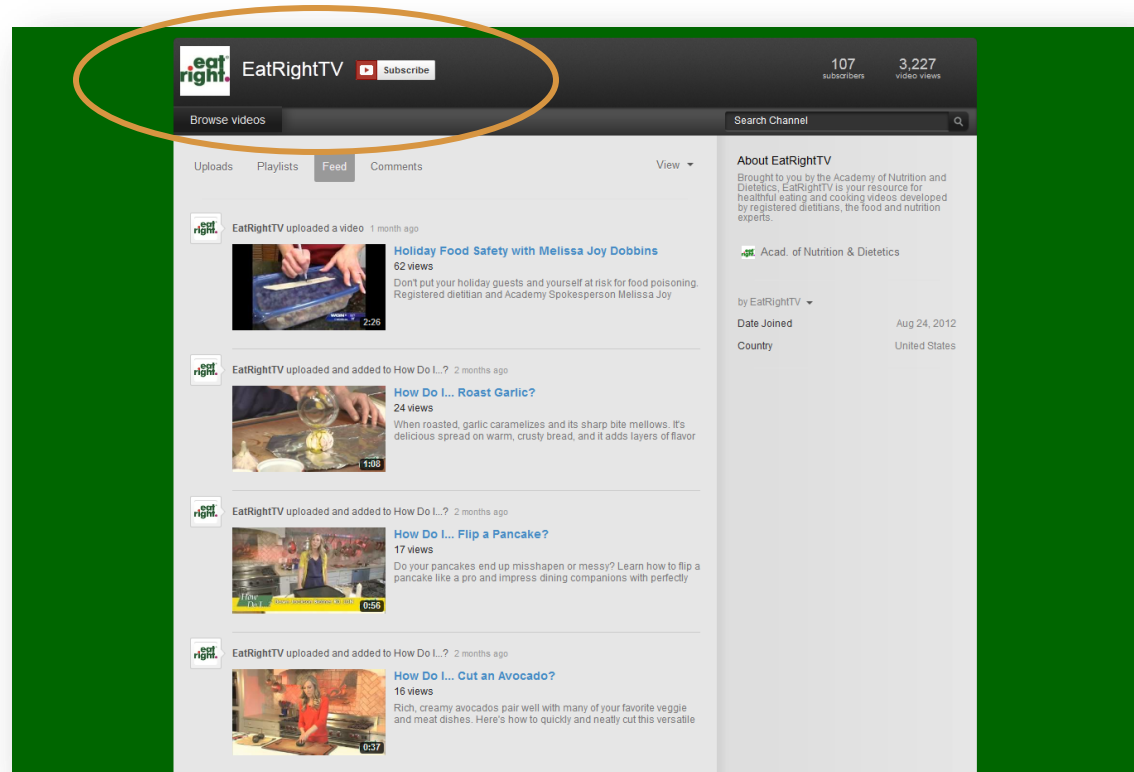
- Sylvia Escott-Stump**
Health Benefits of Antioxidants
Healthy Eating as We Age
[LISTEN] [Download]
- Melissa Joy Dobbins**
Keeping Kids Healthy Through Good Nutrition
Say No to Dangerous Fad Diets
Preparing for a Healthy Pregnancy
[LISTEN] [Download]

Podcast Player (CBS Chicago):

- Featured Podcasts:
 - The Boers & Bernstein Show
 - WBBM Noon Business Hour
 - Score Interviews
- Audio Categories:
 - WBBM AM
 - 4:30 News To Go
 - 5:30 News To Go
 - At Issue
 - Daily Her old Interview
 - Eating Right**
 - Gardening Tips
 - Made in Chicago
 - Noon Business Hour
 - Presidents Weekly Address
 - Real Estate Feature
 - Ross Crystal Showbiz Express
 - The Health Experts

Making History: Academy Update

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



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.

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

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Expanded, Updated Social Media



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- facebook.com/KidsEatRight
- facebook.com/NatlNutritionMonth
- @FoodNutriMag
- @EatRight
- @eatrightFNCE
- @EatRightPro
- @kidseatright
- pinterest.com/FoodNutriMag
- pinterest.com/kidseatright

Making History: Academy Update

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 dieters 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 not 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: ★★(5)

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.

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

www.eatright.org/dietreviews www.eatright.org/appreviews

Making History: Academy Update

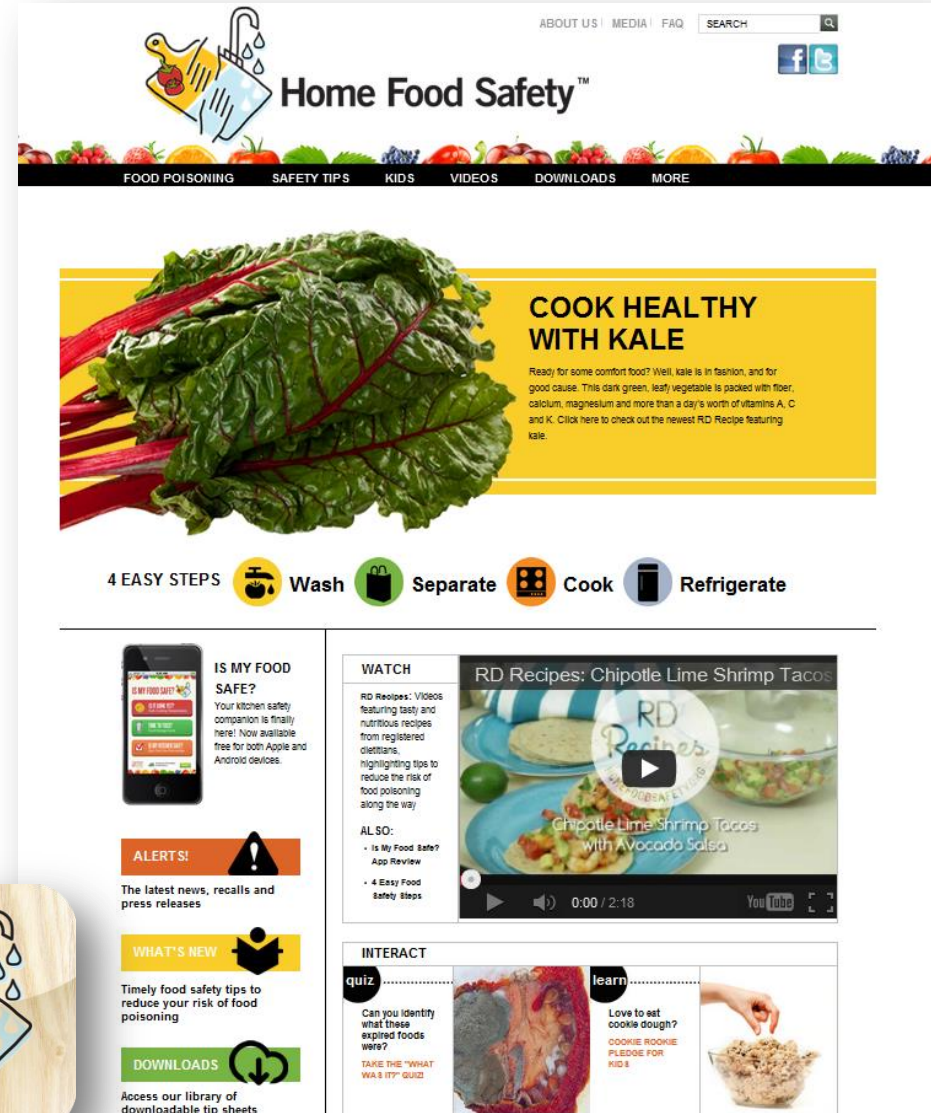
Easily and Safely Handle Food

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



Home Food Safety™

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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:

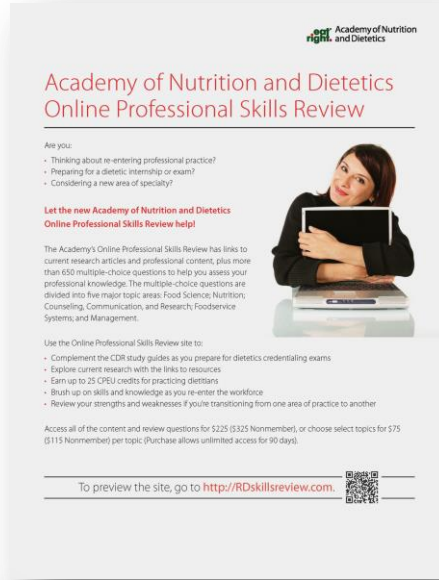
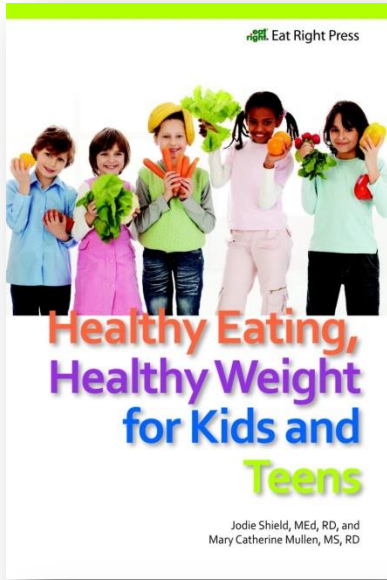
- Is My Food Safe? App Review
- 4 Easy Food Safety Steps

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**

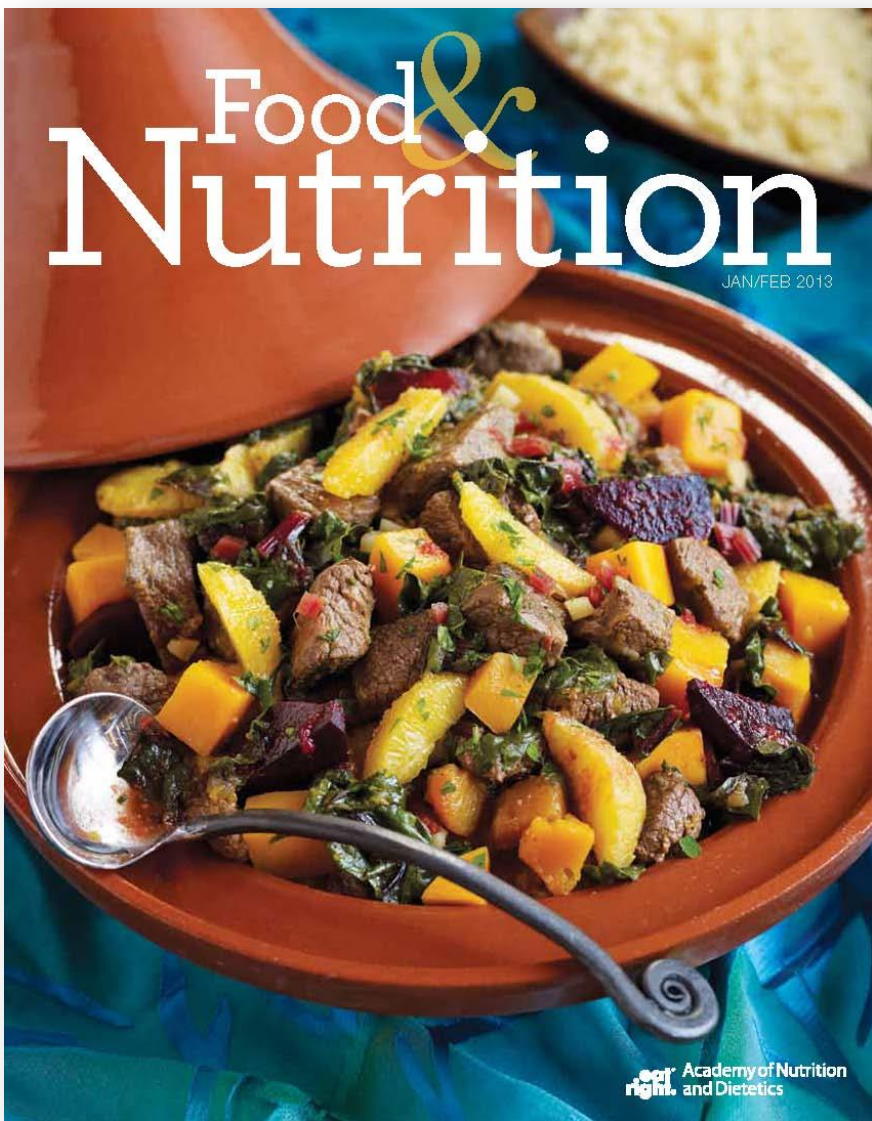


- **Nutrition Care Manual: resources replace traditional print manuals**

Making History: Academy Update

Award-Winning Magazine

eat right. Academy of Nutrition and Dietetics



And interactive website

INTERACT ▶ [SUBMIT](#) a letter to the editor [RECOMMEND](#) a book for review [JOIN](#) the Academy

Tuesday, January 15, 2013

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A TASTE OF AFRICAN HERITAGE
Present meets past – with a dash of nutrition.

Celebrating Snout-to-Tail

Cauliflower Close Up

Can Meat Be Humane?

The Original Slow Cooker

A Taste of African Heritage

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WHAT'S THE WORD

smnutritionist (6 MINUTES AGO)
Strawberries, blueberries ward off heart disease in women: study <http://t.co/RyScb38c>

DietitianKerri (1 MINUTES AGO)
A must watch: Stephen Colbert has fun with Coke's lawyers' assertion that "no consumer could reasonably be misled..."

Follow @FoodNutriMag

VIEW THE CURRENT ISSUE

- Can meat be humane?
- Food Stamped movie review
- Cauliflower's close up
- African Heritage cooking classes

Always the latest news and resources from the Academy of Nutrition and Dietetics

Stone Soup * Guest bloggers from around the world share with Food & Nutrition Magazine

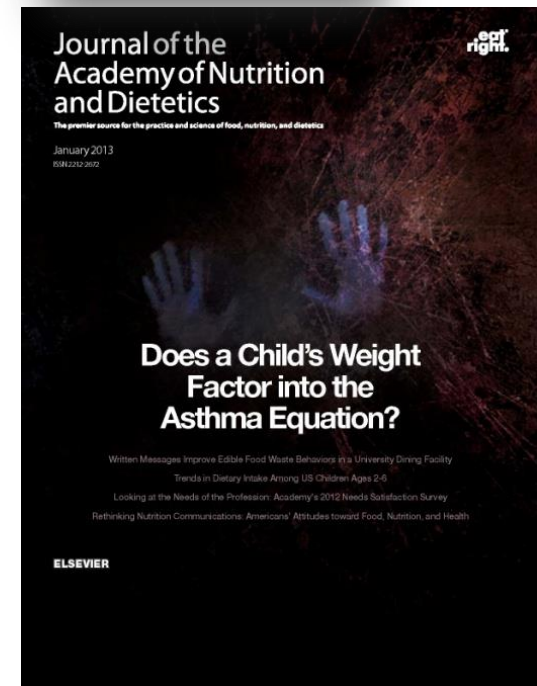
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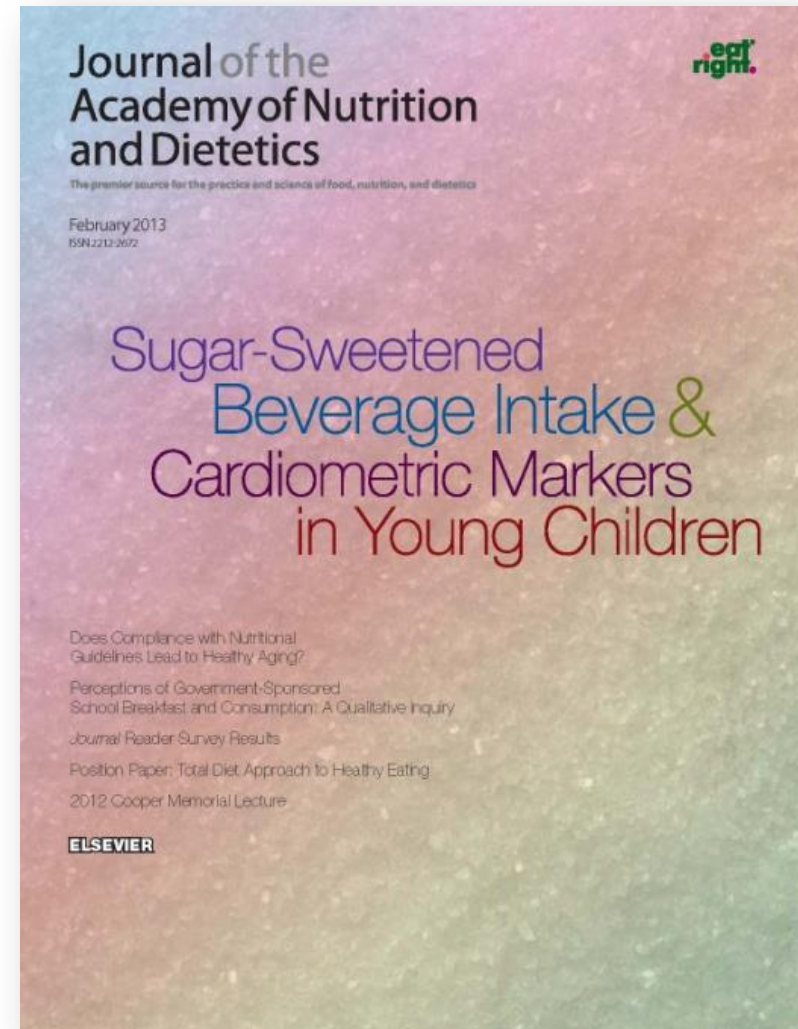
Making History: Academy Update

Making History at the *Journal*

- **New Editor-in-Chief: Linda Snetselaar, PhD, RD**
- **Select research, other articles posted pre-print at 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
- **Topic Collections**
www.andjrnl.org
 - **Childhood Obesity and Overweight**
 - **Nutrient Analysis and Menu Labeling**
 - **Nutritional Genomics**
 - **Cultural Competency**
 - **More**



Academy of Nutrition and Dietetics
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Members Take Action

Educate, advocate, demonstrate expertise



www.eatright.org/volunteer

www.facebook.com/KidsEatRight

Twitter: @KidsEatRight

Making History: Academy Update

Kids Eat Right Toolkits

- **Healthy Breakfast. Everywhere You Go.**
- **Healthy Snacking. In a Nutshell.**
- **Family Meals. Anytime. Anyplace.**
- **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



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.

- _____
- _____
- _____
- _____
- _____

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.

- _____
- _____
- _____



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:

Healthy Snacking. In a Nutshell.

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.



1.5 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 not-for-profits**
- **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', and 'RECIPES', along with a search bar. Below the header, there are tabs for 'COMPANY', 'COMMITMENT', 'BRANDS', and 'CAREERS'. The main content area features a blue sidebar with a 'commitment' heading and a list of categories including 'COMMUNITY ACTION', 'CORPORATE SOCIAL RESPONSIBILITY', 'DIVERSITY', 'ETHICS & INTEGRITY', 'MARKETING & ADVERTISING', 'POLITICAL PARTICIPATION', 'STAKEHOLDERS', and 'VALUES'. The main content area has a circular image of children and the heading 'champions for healthy kids'. Below this, there is a paragraph describing the program: '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.' Another paragraph states: '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.' A final paragraph mentions: '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.' On the right side of the page, there is a section titled 'GENERAL MILLS Champions for Healthy Kids Improving Youth Nutrition & Fitness' with a list of links: 'Background', 'Resources', 'Previous National Grant Recipients', 'Evaluation', 'Online Grant Application', 'Champions for Healthy Kids FAQ's', 'Glossary Of Terms', and 'Related Links'.

Scholarships and Awards

- **\$150,000 through research funds**
- **\$35,000 research grant funded through Food and Nutrition Research Endowment**
- **Endowment is fully funded by members**



Childhood Obesity Research

Examples:

- **BMI² study: “Brief Motivational Interviewing to Reduce Child Body Mass Index”**
- **NIH-funded Follow-Up to Healthy Lifestyles Research Study**



Foundation Supports Research



- **Food and Nutrition Research Endowment reaches \$2 million**
- **Nearly \$75,000 through named research funds**
- **\$50,000 for work of Dietetics Practice Based Research Network**

Still Making History



Making History: Academy Update

Academy of Nutrition and Dietetics

100th
ANNIVERSARY

Founded as the American Dietetic Association

1917 – 2017

Making History: Academy Update