

From: [Mary K. Maxwell](#)
To: "Susan Alvis"
Subject: Emailing: NNM
Date: Thursday, March 18, 2010 7:29:20 AM
Attachments: [image003.png](#)
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The world's largest organization of food and nutrition professionals.

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National Nutrition Month[®] is a nutrition education and information campaign sponsored annually by the American Dietetic Association. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits. NNM also promotes ADA and its members to the public and the media as the most valuable and credible source of timely, scientifically based food and nutrition information.

In This Section

Quicklinks

[National Nutrition Month Catalog](#)

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Related links

MESSAGE FROM ADA: 2009 FNCCE Call for Abstracts Title Appears Here and Could be This Length Posters and original contributions now open! Additional text may appear here, approximately this long in length...

STAY INFORMED

National Nutrition Month

The theme for March 2010 is "Nutrition From the Ground Up."

National Nutrition Month[®] is a nutrition education and information campaign created annually in March by the American Dietetic Association. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. Registered Dietitian Day, also celebrated in March, increases awareness of registered dietitians as the indispensable providers of food and nutrition services and recognizes RDs for their commitment to helping people enjoy healthy lives.

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Video: Tips for National Nutrition Month

• **Cutting Back on Salt in Your Diet** Length - 2:06
Video embed code

À • **Disminuya la Sal en su Dieta** Length - 3:00
Video embed code

• **Tips on Canned and Frozen Produce** Length - 1:40
Video embed code

À • **Consejo de Frutas Enlatadas y Congeladas** Length - 2:40
Video embed code

• **Home Food Safety 101** Length - 2:04
Video embed code

À • **Seguridad de Alimentos** Length - 3:01
Video embed code

Presented in English by
Marisa Moore, MBA, RD

À Presented in Spanish by
Malena Perdomo, MS, RD

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Blog National Nutrition Month

If you have a food or nutrition blog, we encourage you to let people know your thoughts on what it means to build "Nutrition from the Ground Up." Whether you write a post about National Nutrition Month (NNM) once a week or just once, let people know what the month means to you.

How Can You Blog NNM?

- Beginning on March 1, add the **NNM widget** to your blog.
- Write about what "Nutrition from the Ground Up" means to you. Be sure to include a link to the National Nutrition Month Web site to help your readers learn more: www.eatright.org/nnm
- Send your blog link to media@eatright.org and we will include it in our blog roll.
- Check out the **NNM blog** for the latest on nutrition from the ground up!

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Media Materials

Press releases are now available for National Nutrition Month. If you are a member of the media interested in finding out more information, please contact 312/899-4802 or media@eatright.org

To obtain permission from ADA for theme or artwork usage as described above, or if you have questions, contact ADA at e-mail nnm@eatright.org.



Event Ideas

The National Nutrition Month® campaign reinforces the importance of nutrition as a key component of good health, along with physical activity.

- [Family Focus](#)
- [Schools](#)
- [Workplaces](#)
- [Grocery Store or Supermarket](#)
- [Charitable Endeavors](#)
- [Get Everyone Involved](#)

Interactive Tools: Quizzes and Games for National Nutrition Month®

- [Name the Foods](#)
 - [Quiz](#)
 - [Answers](#)
- [2009 Interactive Quiz](#)
- [Nutrition Sudoku for Kids, Kids Word Search, Nutrition Sudoku for Adults](#)
- [2008 Interactive Quiz](#) (Requires Adobe® Flash Player)
- [Fad Diet Timeline](#) (Requires Adobe® Flash Player)



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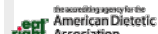
Tip of the Day



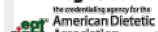
The American Dietetic Association Foundation (ADAF) is the world's largest charitable organization (501c3) focused on food, nutrition and dietetics. ADAF is dedicated to working with the Registered Dietitian to help kids and their families eat right.



Participate in the only political action committee broadly focused on food, nutrition and health. If dietetics is your profession, politics is your business!



Through accreditation and approval of more than 600 undergraduate and graduate didactic, dietetic technician and supervised practice programs, the Commission on Accreditation for Dietetics Education ensures entry-level education meets quality standards.



The Commission on Dietetic Registration awards credentials to individuals at entry and specialty levels who have met CDR® standards for competency to practice in the dietetics profession.

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