



NEWSLETTER



Share with Your Clients:

1. Creamed Potato Skillet by Judy Doherty, PC II, AOS, BS
2. Heirloom Tomato & Fig Soup by Judy Doherty, PC II, AOS, BS
3. The Scoop on Yogurt by Judy Doherty, PC II, AOS, BS
4. Top 5 Herbs and Spices by Lisa Andrews, MEd, RD, LD
5. The MIND Diet by Lynn Grieger RDN, CDE, CPT, CWC
6. Boost Flavor with Veggies by Judy Doherty, PC II, AOS, BS
7. Vegetarian Diets & Heart Disease by Lisa Andrews, MEd, RD, LD

Professionals' Corner:

8. Do Paleo Diets Promote Heart Disease? by James J. Kenney, PhD, FACN

Are You Ready for Nutrition Month 2018?

The Academy of Nutrition and Dietetics has just announced its theme for **Nutrition Month**, which happens during **March of 2018**.

Are you ready?

It's **"Go Further with Food!"**

Our team is already hard at work creating new materials that fit this theme, so stay tuned! We're really excited about some of the ways that we can help your audience go further with food, focusing on how a healthful eating pattern can contribute to wellness. We'll have brand-new **posters, handouts, photos, displays**, and more!