

Making Nutrition A Family Affair

(NAPSA)—Here's a suggestion from the American Dietetic Association (ADA) that could help put you and your family on the path to better nutrition and well-being all year long: visit a registered dietitian—the only health professional who has specific training and an educational background in food and nutrition.

“Not only are registered dietitians the best source of reliable and up-to-date food and nutrition information, they have the skills and knowledge to translate nutrition science into practical food choices,” says registered dietitian and ADA spokesperson Dave Grotto.

“An RD is ready, willing and able to provide a customized life-long eating and fitness plan geared toward individuals and families to help improve and maintain their health.”

According to ADA's most recent nationwide nutrition trends survey, 85 percent of Americans say diet and nutrition are important to them personally, but just 38 percent believe they're doing all they can to achieve a healthful eating plan.

“It's clear that the American people are interested in keeping themselves and their families healthy and eating well. With the



**Keep Health On Your Menu—
Registered dietitians can help
families make smart food choices.**

help of a registered dietitian, making just a few lifestyle changes can help people overcome their obstacles to good nutrition and well-being,” says Grotto.

From obesity, diabetes and food safety to meal planning, healthful cooking and packing children's school lunches—Grotto says people can count on a dietetics professional for trusted, accurate, timely and practical advice. To find a registered dietitian in your area, visit ADA at www.eatright.org.

With nearly 70,000 members, the American Dietetic Association is the nation's largest organization of food and nutrition professionals. The Chicago-based ADA serves the public by promoting optimal nutrition, health and well-being.