

About



Eat Right. is the world's largest organization of food and nutrition professionals founded in Cleveland, Ohio, in 1917, by a visionary group of women dedicated to helping the government conserve food and improve the public's health and nutrition during World War I.

Today, the Academy is committed to improving the nation's health and advancing the profession of dietetics through research, education and advocacy.



You Are What You Eat is an advertising campaign with the goal of informing young adults about the importance of proper nutrition. When we are growing up, what we consume is often dictated by our parents or the school cafeteria. Young adults often have the power to choose what they eat and drink for the first time. This campaign is meant to provide useful knowledge about nutrition so that young adults can make smart choices and improve their overall health, mood, and brain function.

Food Groups

Grains

Vegetables

Fruits

Protein

Dairy

Oils

Recipes



Forget everything you think you know about granola. Let go of your crunchy, overly sweet, oat-filled expectations, and the results are magically different and incredibly satisfying.



These Peanut Butter Chocolate Bars are a dream come true! Peanut butter, Chocolate, ground flax seed, oats, cinnamon, pecans, and lots more! They are seriously addicting.



Microwave popcorn can be found in every college student's quarters. Kick yours up a notch with this homemade version, which replaces heart-clogging, partially hydrogenated fats with heart-healthy olive oil.

More

News

Study suggests it's carbs, not fats, that are bad for your health

new research suggests that it's not the fat in your diet that's raising your risk of premature death, it's too many carbohydrates – especially the refined, processed kinds of

More

Contact

Name _____

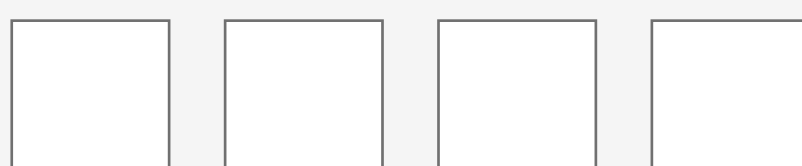
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