



Honoring Our Past: Celebrating 100 Years Academy of Nutrition and Dietetics

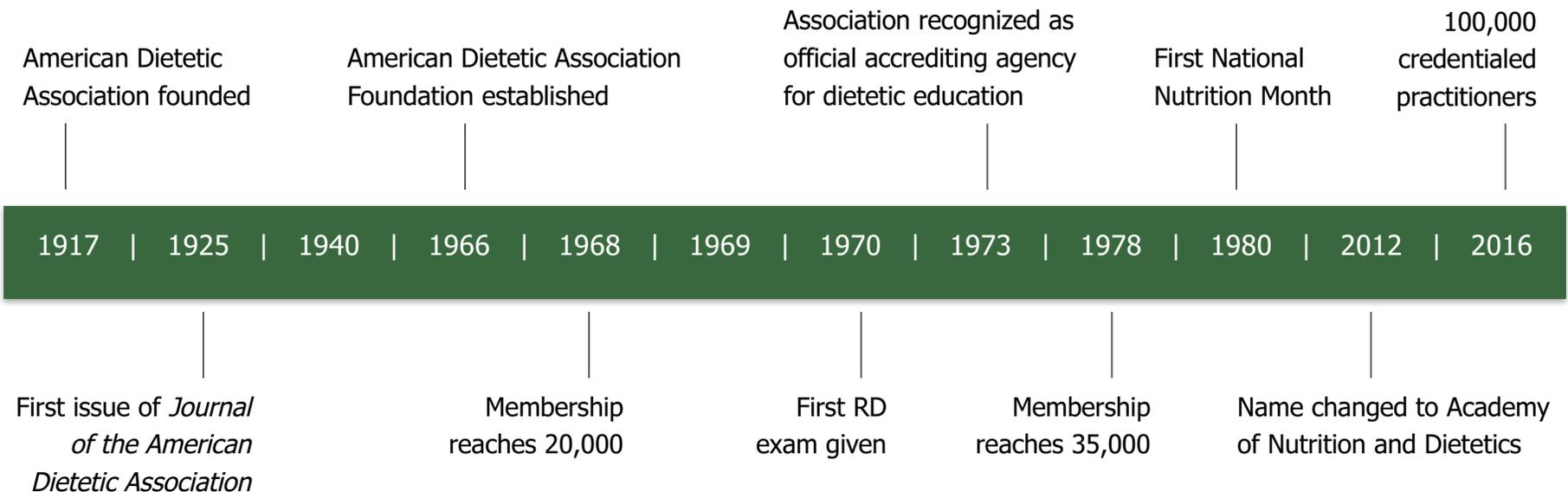




*"An honorable past lies behind us,
a developing present is with us, and
a promising future lies before us."*

– Mary I. Barber
Academy historian (1931)

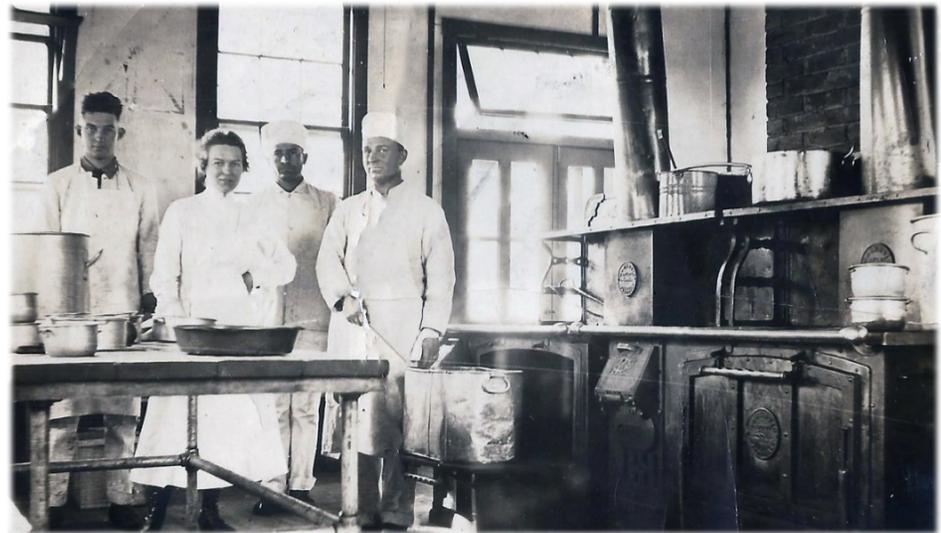
For 100 years, the Academy has honored the vision of our founders by working throughout food and health systems to improve the nation's health.



Our History and Legacy

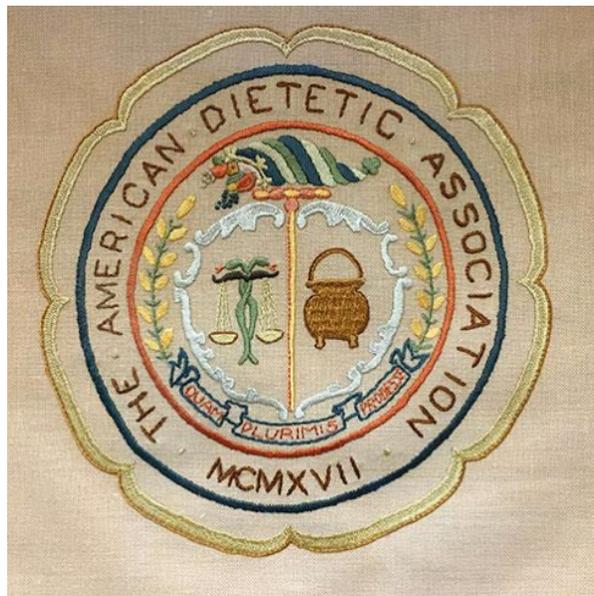


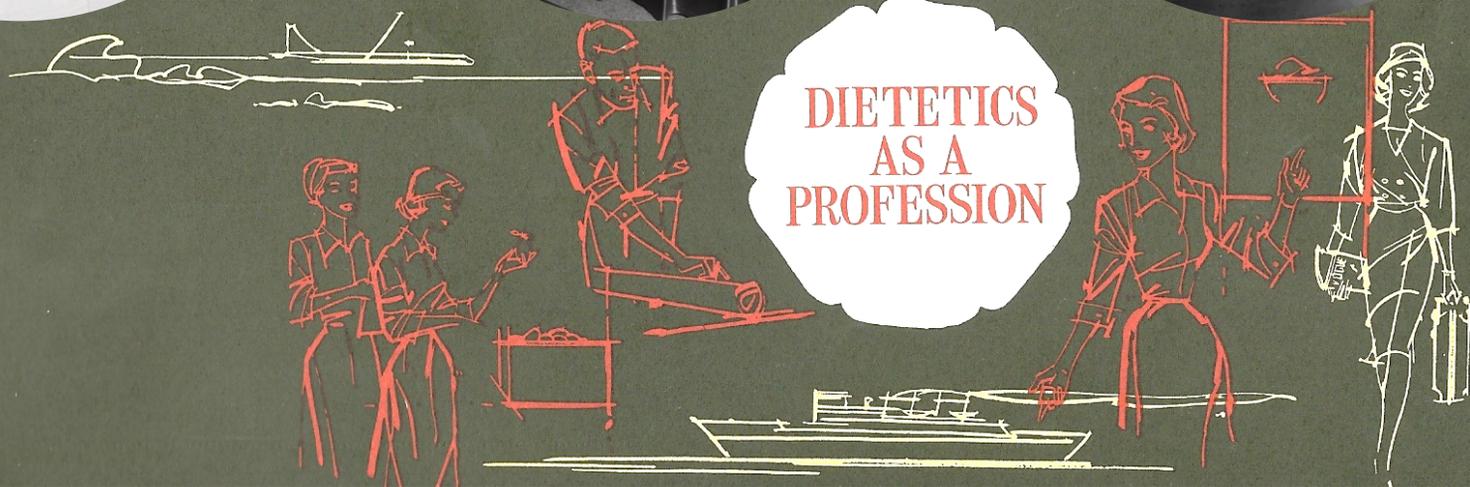
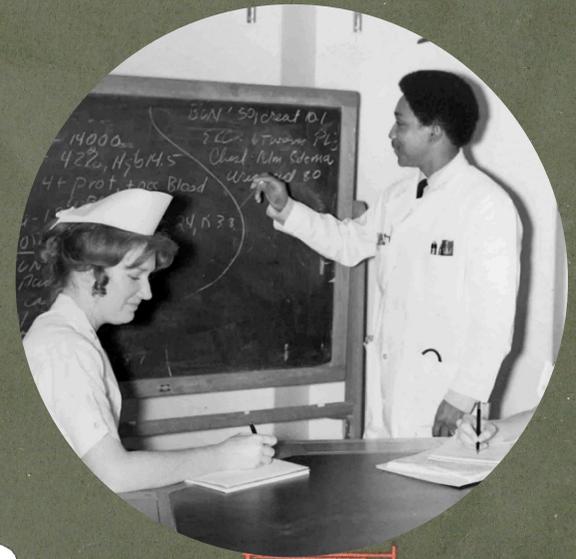
The vision of our founders: **to build a profession they believed would change the course of nutrition and health.**



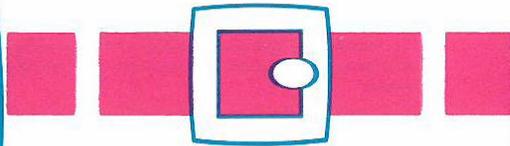


In the 1940s, the authorized seal was adopted and dietitians were given official military status.





**Nutrition
Saves**



**NATIONAL
NUTRITION
WEEK**

March 3-9, 1974

THE AMERICAN DIETETIC ASSOCIATION



Towards the 20th Century and Beyond



From the first National Nutrition Month to credentialing of dietetic technicians and the name change in 2012, the organization continued with its mission to improve the nutritional well-being of the public.

Nutrition

TO HIT YOUR STRIDE... EAT SMART!

THE AMERICAN DIETETIC ASSOCIATION

National Nutrition Month

It's Nutrition Month

CHICAGO, Ill. — "To Hit Your Stride... Eat Smart" is the theme that The American Dietetic Association (ADA) will celebrate this month.

* Fruits and vegetables (one deep green or yellow, one, a source of vitamin C) — 4 servings

Nutrition's Important But Just What Is It?

Nutrition. We hear so much about it — how important it is. But what is it? Simply, nutrition is the food you eat and how the body uses it — to live, to grow, to have energy for the many things you do, and to support good health.

Good nutrition helps you feel good and look good. And it all starts with good food — food that not only tastes good but, if wisely chosen, is also good for you.

Food is made up of many basic — **macro** — nutrients, which your body must have constantly to keep fit. These nutrients (about 50 or so in all) include proteins, carbohydrate, fat, vitamins, minerals, and water.

Nutrients serve three major functions:

1. Supply energy for activities and warmth.
2. Provide for growth and repair of body tissues.
3. Help regulate the many complex processes of the body.

Protein is required to build, maintain, and repair all tissues of the body, as well as assist with many other bodily functions. Made up of substances called amino acids, protein in the food we eat is broken down into separate amino acids, and these are then rearranged by the body into the particular combinations needed to build the various types of tissue.

Some of the amino acids can be formed by the body. Others, which the body cannot produce, must come in the food we eat and, for this reason, are called "essential" — although all the amino acids are necessary. Proteins with all the essential amino acids in the proportions needed by the body are of superior nutritional quality. There are proteins from animal sources — such as meat, fish, eggs, cheese, and milk.

Proteins from vegetable sources does not have all the essential amino acids or does not have them in the proper balance and is, therefore, lower in nutritional value. Dried beans and peas and nuts are exceptions in that they contain very good quality protein. In general, the protein from vegetable sources is greatly improved when it is combined with protein from animal sources — as, for example, cereal with milk, macaroni with cheese, and spaghetti with meat sauce.

Another way of improving the quality of the protein from vegetable sources is to combine two or more, generally a legume with a cereal or a nut with a seed — as, for example, beans with rice, beans with corn or cornmeal, beans with whole wheat (bulgur), and peanuts with sunflower seeds.

Carbohydrate (starch and sugar) is important not only because it is our least expensive source of energy, but it also helps the body use fat efficiently. We should obtain most of our carbohydrate from whole grain, enriched, or fortified breads and cereals, and from fruits and vegetables since these foods also supply important vitamins and minerals.

Fat is our most concentrated source of energy. But many doctors feel that most Americans eat too much fat. They recommend that about half of our calories should come from carbohydrate, and only about 30% from fat. The remaining 15% will be provided by protein. Since each gram supplies about 9 calories (more than as much as the 4 calories from each of carbohydrate), someone who needs calories a day should probably have about 50 grams — less than 3 ounces! Maybe you should check how many you're eating!

Vitamins and minerals are the right of the body. Some minerals are necessary in building bones, teeth, a blood cells — the vitamin necessary —

Water is absolutely essential for life. It can live longer without food than a water. It is an important part of every of your body — in fact, it accounts for two-thirds of your body weight. It — many vital functions — carries nutrients and waste from cells in the body; digestion and absorption of food, and regulate body temperature. All fluid in water, of course, but many fruit vegetables are good sources, too.

Fiber or bulk is not a nutrient but is of to aid in the proper elimination body's waste materials. Vegetables and cereals are important in providing this.

Calories are of concern to many people but they are not a nutrient — they're a measure of energy. The nutrients that by energy — for work, play, warmth, normal body functions such as the heat or breathing — are carbohydrate and protein. The major functions of protein is tissue building, most of your energy needs should be supplied by carbohydrate and fat.

No matter from which source carbohydrate, fat, or protein — if you use more calories (energy) than you use, excess energy will be stored in the body. You need only the number of calories food that your body uses each day. In feeding weight, it is indeed calories count!





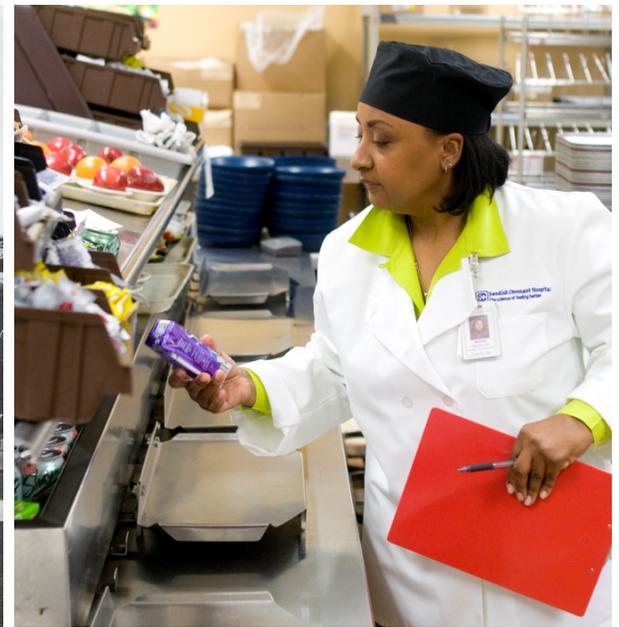
New Vision

A world where all people thrive through the transformative power of food and nutrition

New Mission

Accelerate improvements in global health and well-being through food and nutrition

Nutrition has changed over the last century — and, as a profession, we are evolving to meet these changes.



Celebrate Our Present ... eatrightPRO.org/100years



**Dittrick Medical History Center
Cleveland, Ohio | May 1-22**





Our Commitment

Create a vision for the Second Century that brings out the best the Academy and the Foundation have to offer — lifting the profession and expanding opportunities for all members.
