**CONNECTICUT ACADEMY OF NUTRITION AND DIETETICS Holds Fall Meeting**

***Speakers to Address Food Psychology, Dietary Guidelines, Food Insecurity and Sports Nutrition***

**WATERBURY, CT** **(Nov. 12, 2014**) – More than 170 Connecticut Registered Dietitian Nutritionists, dietetic students and Dietetic Technicians, Registered, are planning to attend the Fall meeting of the Connecticut Academy of Nutrition and Dietetics on Friday, November 14 at CoCo Key Water Resort Hotel and Convention Center in Waterbury.

Meeting highlights and speakers include:

**Food Psychology: Why We Eat More Than We Think**

Jim Painter, PhD, RD, Director of Nutrition Research, California Raisin Marketing Board will show the factors that contribute to most people not being aware of their volume of food consumption. This lack of awareness may lead to over-consumption. Dr. Painter will present some fun techniques for dietitians to use with their clients to help them be aware of their eating patterns and provide ways to reduce excess calories and make healthier choices.

**Past, Present and Future of the Dietary Guidelines for Americans**

Rafael Perez-Escamilla, PhD, Professor of Epidemiology & Public Health, Director of the Office of Public Health Practice, and Director of the Global Health Concentration at the Yale School of Public Health will provide a background on the Dietary Guidelines for Americans, and address what changes might be made to the 2015 Dietary Guidelines, Including new recommendations for children under two years of age.

**Hunger in Connecticut: Food Insecurity Panel**

Christine Rivera, RD, Nutrition Manager of Feeding America, will lead a panel discussion of the state of food insecurity in Connecticut. Feeding America oversees about 85% of the food banks in the United States. Christine will be joined by Lucy Nolan, JD, Executive Director of End Hunger CT!, Judy Prager, RDN, CDN, Hunger Study Coordinator, CT Food Bank, and Trish Molloy, RD, School Food Service Director, West Hartford Public Schools.

**The Practice of Sports Nutrition: Yesterday, Today and Tomorrow**

Nancy Rodriquez, PhD, RD, CSSD, FACSM, Professor of Nutritional Science, University of Connecticut. Dr. Rodriguez has an active research program which focuses on relationships between exercise, protein intake, and protein utilization in athletes, physically active adults, and children.

**Diabetes Detectives: A Patient- Dietitian Collaborative for Success**

Nancy Ryan, MS, RD, BC-ADM, CDE, CDN Nutrition Consultant and Diabetes Educator will lead this presentation on helping patients achieve diabetes management goals using productive and positive approaches.

In addition to the speakers, there are 13 exhibitors participating in the conference, including End Hunger CT, Lilly USA, New England Dairy Council, Cambridge Eating Disorder Center, Sunbutter, Stativa Pharmaeuticals (Megace), Monsanto, Miai Yogurt- Registration Samples, Simplified Nutrition, Medtrition, Nestle Health Science, TFC Health Foods, Skinnygirl Tasty Nutrition Bars and Skinnygirl Sparklers.

**“**Our annual Fall and Spring meetings are a great way for members to hear the latest science-based information; the speakers are stellar" said Pat Baird, MA, RDN, President of the Academy of Nutrition and Dietetics.  "Attendees also enjoy the time to connect, network and earn continuing education credits.”

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The Connecticut Academy of Nutrition and Dietetics ([www.eatrightct.org](http://www.eatrightct.org)) serves the public through promotion of optimal nutrition, health, and well-being.As the leading advocate of the dietetic profession in Connecticut, our membership includes Registered Dietitian Nutritionists, Dietetic Technicians, Registered, students, and retirees of the profession. Chartered by the [Academy of Nutrition and Dietetics](http://www.eatright.org/), the CT Academy is committed to serving the public in the state of Connecticut, while supporting activities at the national and international level. For more information visit the website at [www.eatrightct.org](http://www.eatrightct.org/).

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