

# What We Eat In America and What We Can Do About It

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## RESOURCES

Melissa's website and blog [www.SoundBitesRD.com/blog](http://www.SoundBitesRD.com/blog)

Scientific Report of the 2015 Dietary Guidelines Advisory Committee

<http://www.health.gov/dietaryguidelines/2015-scientific-report/>

Academy of Nutrition and Dietetics' Nutrition and You: Trends 2011

<http://www.eatrightpro.org/resources/media/trends-and-reviews/nutrition-trends>

NHANES <http://www.cdc.gov/nchs/nhanes.htm>

2014 IFIC Food and Health Survey <http://www.foodinsight.org/surveys/2014-food-and-health-survey>

IFIC webinar: What are the Influencers that Impact How & Why People Eat?

<http://www.foodinsight.org/education/webinar-today-what-are-influencers-impact-how-why-people-eat>

2014 IFIC Food & Health Survey: Behavior Change Consumer Profiles

<http://www.foodinsight.org/BehaviorChangeProfiles>

My Plate Resources <http://www.choosemyplate.gov/>

My Plate Healthy Eating on a Budget <http://www.choosemyplate.gov/budget/index.html>

Dairy Makes Sense <http://www.dairymakesense.com/nutrition/more-for-your-money/>

Beef on a Budget <http://www.beefitswhatsfordinner.com/sixwaystosaveonbeef.aspx>

Timing is Everything Webinar <http://www.beefnutrition.org/webinars.aspx>

Fruits and Vegetables on a Budget

<http://www.fruitsandveggiesmorematters.org/fruits-and-vegetables-on-a-budget>

Balance Your Plate Toolkit from Nestle <http://www.nestleusa.com/nutrition/balance>

Back to Balance Coalition <http://www.bk2balance.org/resources/>