



Member Benefits Guide  
**2023–2024**



# About Us

## The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals.

The Academy was 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 has members in over 80 countries throughout the globe—registered dietitian nutritionists (RDN); nutrition and dietetic technicians, registered (NDTR); and other professionals holding undergraduate and advanced degrees in nutrition and dietetics; and students—and is committed to improving the public's health and advancing the profession of nutrition and dietetics through research, education and advocacy.

Members of the Academy play a key role in shaping the public's food choices, thereby improving its nutritional status, and in treating persons with illnesses or injuries. Members offer preventive and medical nutrition therapy services in a variety of settings.

Nutrition and dietetics practitioners work in health care systems, home health care, foodservice, business, research and educational organizations, as well as in private practice. As essential members of medical teams in hospitals, post-acute and long-term care facilities, and health maintenance organizations, they provide medical nutrition therapy—using specific nutrition-related services to treat chronic conditions, illnesses or injuries. Community-based practitioners provide health promotion, disease prevention and wellness services.

As a leader in food and nutrition, the Academy provides expert testimony at hearings, lobbies Congress and other governmental bodies, comments on proposed federal and state regulations, and develops position statements on critical issues.

Learn more about the benefits of Academy membership and how the Academy supports both you and the nutrition and dietetics profession.

# Practice and Science

The Academy is dedicated to setting the direction for the profession of nutrition and dietetics through practice and science.

## **Academy of Nutrition and Dietetics Health Informatics Infrastructure (ANDHII®)**

This online tool is designed to guide nutrition and dietetics practitioners through each step of the Nutrition Care Process while building a national quality improvement database with patient outcomes. In addition, it offers customizable charts, reports and visit summaries.

## **Code of Ethics for the Nutrition and Dietetics Profession**

The Academy and the Commission on Dietetic Registration (CDR) believe it is in the best interest of the profession—and the public it serves—to have a Code of Ethics that guides professional practice and conduct. The updated Code of Ethics recognizes the changes in nutrition and dietetics practice and is responsive to trends related to digital health care, social media and the evolving use of other technologies.

## **Evidence Analysis Library® (EAL®)**

The EAL® is a synthesis of the best, most relevant nutritional research on important dietetic practice questions housed within an accessible, online, user-friendly website. With over 40 systematic review topics and 20 evidence-based nutrition practice guidelines, the EAL® is free for Academy members.

## **Nutrition Research Network® (NRN)**

Make your practice part of meaningful nutrition and dietetics research. This network brings practitioners and researchers together to identify and design research for real-world practice settings. NRN is open to all Academy members and no research experience is required to participate.

## Position Papers

An Academy of Nutrition and Dietetics position paper is a critical analysis of current facts, data and research literature on a specific issue. A key feature of the paper is the position statement, which presents the Academy's stance on the specific issue that impacts the public's nutritional status and is controversial, confusing or requires professional clarification. All Academy position papers are generated from EAL® systematic reviews.

## Telehealth

The Academy has developed a telehealth practice resource webpage. It contains resources related to practicing telehealth, including a practice tip; information on policy, regulation and payment; and guidance on technology and telehealth documentation. There is also a quick guide for RDNs about practicing telehealth in the context of the COVID-19 national public health emergency.



**Gabriela Montenegro-  
Bethancourt, PhD**  
Joined in 2020

*As professionals it is necessary to be updated. Sometimes our occupations and geographical locations make it difficult for us to access courses and workshops, especially when they are focused on very specific topics in a short period of time. Distance learning courses are accessible and often allow you to complete them at your own pace.*

# Educational Opportunities

The Academy offers an impressive array of resources to cultivate your skills through multi-disciplinary learning opportunities and enhanced technology. Select from a variety of free and member-priced resources to best fit your professional development needs. Academy members enjoy significant discounts on educational products and programs.

## Distance Learning

Learn at your own pace and convenience through various online CPE offerings such as live and recorded webinars, free self-study modules, the Certificate of Training program, and the Obesity and Weight Management Multidisciplinary Study Guide. Additionally, FNCE® On-Demand offers discounted member access to complete recordings of educational sessions, available to view for both group and individual learning, and FNCE® Collections provide convenient bundles of FNCE® sessions curated by topic.

## eatrightCPE

The Academy's online learning management system, eatrightCPE, houses over 400 products, including FNCE® session recordings, webinar recordings and certificate of training programs, with new products available on a monthly basis. Members can conveniently manage continuing education coursework within a single Academy platform and access study guides, practice exams, tracked course completion progress, CPE certificates (administered and saved automatically) plus much more.

## eatrightPREP®

eatrightPREP® is a useful tool for anyone preparing to take the RDN or NDTR exams and for educators working with this population. This exam preparation program offers a comprehensive and convenient way to practice answering test questions written by subject matter experts. Both eatrightPREP® offerings reflect the current test specifications for RDNs and NDTRs and deliver personalized performance statistics that help subscribers identify strengths and areas for improvement. Individual subscriptions and group pricing for educators and program directors are available. Free demos provide previews of what to expect from eatrightPREP® for the RDN and for the NDTR.

### **eatrightPREP® for the RDN includes:**

- 1000+ pretest and test questions
- 3 full-length practice tests
- 2 full-length, timed tests that simulate the RDN Exam experience
- 400+ flashcards

### **eatrightPREP® for the NDTR includes:**

- 500+ pretest and practice questions
- 2 full-length practice tests
- 1 full-length, timed test that simulates the NDTR Exam experience
- 60 flashcards

## **Food & Nutrition Conference & Expo™ (FNCE®)**

The Academy's annual conference is the world's largest educational program and exhibition for food and nutrition experts. Members enjoy reduced registration rates, earn CPE, build professional relationships, mingle with colleagues and browse the latest products and services. FNCE® features advanced-level education on the hottest topics, challenges, controversies and breakthroughs in the profession. Virtual and on-demand options make FNCE® more accessible than ever. 2023: Denver, Colorado.



**Carly Siceloff,  
MBA, MS, RD, LDN  
Joined in 2012**

*My favorite thing about the Academy is FNCE®! I love the sessions, keynote speakers, networking events and overall energy it provides. It renews my love for dietetics and inspires me to continue exploring and learning. I also value the leadership opportunities that exist within the dietetics practice groups. Being an Academy member is also fun. I love the connections and relationships I have made along the way!*

## **Journal CPE**

Take advantage of 24 or more free CPE units annually in the *Journal of the Academy of Nutrition and Dietetics*. Access quizzes online and automatically log CPE units to your Professional Development Portfolio.

## **Leadership Institute**

Leadership Institute is a comprehensive professional development program designed to help current and future leaders in nutrition, health and wellness to develop a range of leadership, communication and career development skills, including executive presence, project management and decision-making, interpersonal communication, strategic planning and team building. Through a combination of self-directed study, in-person training, networking opportunities, small group projects and virtual learning, participants will gain hands-on experience to become more effective leaders.

## **Nutrition Focused Physical Exam Training Workshop**

The Academy offers a nutrition focused physical exam training workshop designed to provide RDNs with the skills to perform a nutrition focused physical exam (NFPE), empowering the RDN to accurately identify patients with malnutrition. By attending a live, highly interactive workshop, you will learn to recognize the role of NFPE in identifying malnutrition, assess muscle-waste and fat loss, identify clinical signs of micronutrient deficiencies and toxicities, evaluate the presence of fluid accumulation, assess reduced grip strength via a dynamometer and demonstrate basic NFPE skills.

## **Online Certificate of Training Programs**

The Certificate of Training programs consist of multiple cohesive modules that provide in-depth instruction on broad areas of interest in the realm of nutrition and dietetics, with the goal of expanding knowledge, skills and competencies. Each Certificate of Training program takes a deep dive into specific aspects of a topic area. Taken collectively, they provide a comprehensive overview of the topic. Learners must complete all modules to receive the final Certificate. New program: Excelling in the Retail Food Industry Certificate of Training.

# Policy Initiatives & Advocacy

To achieve its vision, the Academy works with policy leaders at every level of government to promote health and reduce the burden of chronic disease through nutrition services and interventions. The Academy's Washington, D.C. office provides a link between you, Congress and government agencies.

## Academy of Nutrition and Dietetics Political Action Committee (ANDPAC)

ANDPAC uses donations—not Academy dues—to support political candidates for federal congressional office and who are aligned with the Academy's mission, vision and public policy priorities in the following impact areas: disease prevention and treatment, lifecycle nutrition, health food systems and access, quality health care and health equity. ANDPAC is non-partisan and the only political action committee broadly focused on food, nutrition and health, supporting pro-nutrition candidates for federal office. By making an ANDPAC contribution, you're supporting the future of the nutrition and dietetics profession and the health of our communities.

## Action Alerts

Action alerts allow us to bring the Academy's policy issues to the attention of members of Congress and help to raise awareness and add legitimacy to a particular priority issue. Your representatives want to hear from you—take action today!

## Affinity Groups

Get involved and connect with fellow Academy members to advocate for top policy priorities impacting our profession. Available exclusively for Academy members, affinity groups meet once a month and are forum-based events where staff, policy leaders and members discuss Academy advocacy priorities and strategies, share their experiences and determine how they can become involved in advocating.





**Carl Barnes,  
MS, RDN**  
Joined in 2013

*I continue my membership because I believe the Academy is the most powerful body to represent and advocate on behalf of our profession. While members have a broad range of interests, the Academy has a proven record of integrity and respect for the diverse voices of its membership.*

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### **Nutrition and Dietetics Advocacy Summit**

Formerly known as the Public Policy Workshop, the Nutrition and Dietetics Advocacy Summit brings together hundreds of food and nutrition advocates in our nation's capital to sharpen their communication skills, take a deep-dive into key policy issues that impact the health of the nation and the dietetics profession, and develop new high-level personal and professional relationships.

### **Nutrition and Dietetics State Advocacy Summit**

Affiliate policy leaders and other member advocates from across the country connect for an event that shines a spotlight on the importance of advocating at the state level, the differences in federal and state government and advocacy, as well as how affiliates can build an action-oriented and effective public policy panel.

# Publications & Subscriptions

Academy membership includes subscriptions to essential professional publications, as well as preferred pricing on scientific and practical information resources in print, electronic and web-based formats.

## Books and Resources

A range of books and resources, including professional reference books, textbooks, pocket guides, client education materials and consumer books are available for purchase in the eatrightSTORE. All Academy-published materials are written and reviewed by RDNs, NDTRs and other health professionals. Academy members receive a 20-30% discount off retail price on most publications. Many books and resources are also available as eBooks. Download the free eatright eReader app, purchase the eBook in the eatrightSTORE and then access the eBook version using the eReader app. Academy eBooks include the research and evidence-based content found in our print publications, plus the ability to add bookmarks, notes and highlights.

## Eat Right Weekly

A weekly e-newsletter providing members with access to career resources, research briefs, CPE opportunities, Academy updates, policy information, advocacy issues and a variety of other news.

## ***electronic Nutrition Care Process Terminology (eNCPT)***

The *electronic Nutrition Care Process Terminology (eNCPT)* is an online publication containing the most current terminology used in nutrition care and a narrative explanation of the Nutrition Care Process. eNCPT subscribers have access to term definitions, application resources for each term, matrices for PES statement development and the EHR Toolkit 2.0. The terminology is available in English, Spanish, Swedish, German, Norwegian, Danish, Chinese (Traditional), Chinese (Simplified), French and Portuguese. Preferred pricing is available for Academy members.

## ***Journal of the Academy of Nutrition and Dietetics***

The Academy's flagship publication is the premier source for information on the practice and science of food, nutrition and dietetics. The monthly, peer-reviewed *Journal* presents original articles prepared by researchers and practitioners, offers free CPE opportunities and is the most widely read professional publication in the field. The *Journal*, a hybrid access journal offering subscription and open access content, features web-based archives

dating back to the first *Journal* issue in 1925 and online articles ahead of print, as well as exclusive online material, including Topic Collections, educational PowerPoint slides for selected articles, audio and video podcasts and much more.

### **MNT Provider**

This free, monthly newsletter is one of the Academy's essential practice management resources and includes articles on topics such as billing, coding and coverage, practice and business management, changes in health care delivery and payment, Medicare, Medicaid and private insurance reimbursement.

### **Nutrition Care Manual® Products**

*Nutrition Care Manual®* Products are evidence-based diet and practice manuals for RDNs, NDTRs, allied health professionals and healthcare facilities. Created and peer-reviewed by expert RDNs, these manuals are accessible via an online platform and continuously updated. Available for purchase by annual subscription with preferred pricing for Academy members.

- **Adult Nutrition Care Manual® (NCM®)**

NCM® contains information and resources for over 130 nutrition care sections. Features include a customizable diet manual, client education handouts with translations, menu customization and analysis, calculators and much more.

- **Pediatric Nutrition Care Manual® (PNCM®)**

PNCM® covers over 90 nutrition care topics, including normal nutrition for all pediatric life stages, food allergies, nutrition support, neonatal care, developmental disabilities and weight management. Features include infant formula and feeding recipe instructions, client education handouts with translations, menu customization and analysis, calculators and much more.

- **Sports Nutrition Care Manual® (SNCM®)**

SNCM® provides easy access to sports nutrition information on many topics, such as vegetarian athletes, weight management, hydration, meal-planning and nutrition for injury recovery and rehabilitation. Features include client education handouts with translations, CPE library, menu customization and analysis, calculators and much more.

## SmartBrief

SmartBrief curates news from major media outlets, regional newspapers, trade publications and blogs, providing Academy members with the most relevant news in food, nutrition and dietetics. Two days each week, the brief includes a journal review, linking to emerging research, systematic reviews and case studies. News and editorial content for this brief is curated by SmartBrief editors, and is not selected by the Academy of Nutrition and Dietetics, with the exception of the Academy News section.

## Student Scoop e-Newsletter

*Student Scoop* is the Academy's exclusive Student member e-newsletter. Discover what students are doing to gain nutrition and dietetics experience, read about preparing for internships and learn about member benefits and opportunities available to you.

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*The Academy has great tools widely available to students and dietetics professionals. What I find unique are the dietetic practice groups, member interest groups and opportunities for leadership, research and networking. I strongly value membership because there are so many ways to stay connected.*

**Aja Milan Bussey**  
Joined in 2021



# Career Resources

Academy membership provides access to a variety of resources that help take your career to the next level at any stage—from student to seasoned professional.

## **2021 Compensation & Benefits Survey of the Dietetics Profession**

This comprehensive report details the compensation for dozens of core RDN and NDTR jobs, segmented by region, education, experience, supervisory responsibility and much more. In addition, the online interactive Salary Calculator offers users an estimate of what practitioners with similar characteristics and in similar situations earn. These essential resources are free to members.

## **EatRight Careers**

The Academy's online job board allows you to post your résumé, target your search by specialty or geographic location, respond directly to employer job listings and receive email alerts about new positions—all for free. When recruiting practitioners for your own organization, Academy members receive preferred pricing.

## **Find a Nutrition Expert**

The Academy's online referral service is free for Active category members representing their own private practice, group practice or employer for both in-person and telehealth consultations. Consumers and businesses search this site often to connect with members who provide expertise in food and nutrition.

# Honors & Awards

The Academy offers a variety of programs in recognition of the service and dedication of members to the nutrition and dietetics profession.

## **Fellow of the Academy of Nutrition and Dietetics (FAND)**

The Academy's prestigious Fellow recognition program acknowledges your professional accomplishments, valuable service to the public and pursuit of life-long learning. By earning the right to include the FAND designation among your credentials, you let colleagues, clients and the public know that you have been welcomed as a Fellow into the world's largest organization of food and nutrition experts.

## **National Honors and Awards**

The Academy of Nutrition and Dietetics honors individuals who have advanced the nutrition and dietetics profession, exhibited leadership and shown devotion to serving others in both nutrition and dietetics, as well as allied fields. The Academy's national honors and awards include the Lifetime Achievement Award, the Distinguished Lecture Award, Honorary Membership, the Medallion Awards and the Excellence in Practice Awards.

## **Scholarships and Grants**

Through the Academy Foundation, members have access to a variety of scholarships and grants, including over \$500,000 to qualifying dietetics students at all levels of study, and more than \$200,000 in awards and grants to educators and established nutrition and dietetics practitioners on an annual basis.



# Networking

The Academy is an active community of professionals sharing knowledge, skills and ideas. Get ahead by connecting with practitioners in your specialty area or from other food and nutrition fields.

## **Affiliates of the Academy of Nutrition and Dietetics**

Your state-level association sponsors local education programs, networking opportunities, scholarship fundraising efforts and more. Membership in an affiliate is included in your Academy membership.

## **Dietetic Practice Groups (DPG)**

Join one or more of the Academy's professional interest groups and enhance your specialized knowledge, share practice tips and establish relationships with colleagues from all over the world.

## **Member Interest Groups (MIG)**

Find members with common interests, issues or backgrounds by joining one of the Academy's MIGs, focusing on areas other than practice or geographic location.

## **Mentor Match**

Enroll in the Academy's online Mentor Match and get matched to a mentor or mentee according to similarities in your profile interests and communication styles. You can even search for other participants by Academy DPG or MIG, geographic location and name.

## **Nutrition and Dietetics Educators and Preceptors (NDEP)**

This Academy group addresses the broad needs of the dietetics education community. Join NDEP and help educators and preceptors move nutrition and dietetics forward.

## **Social Media**

Get updates via your favorite social media platforms and join the conversation by becoming a part of the Academy's social network. "Like" one or more of our Facebook pages; follow us on Twitter, Instagram and Pinterest; join our member-only group and follow the Academy's company page on LinkedIn; and subscribe to our eatrightTV, KidsEatRight and eatrightPROtv YouTube channels.

# Branding Your Services

The Academy provides a number of resources and programs designed to promote the RDN and NDTR brand in the marketplace. Position yourself as the food and nutrition expert to a wide variety of audiences—from the public and media to health care payers and Congress.

## Kids Eat Right®

The Academy Foundation's Kids Eat Right® initiative is a two-tiered campaign aimed to mobilize our members to participate in community and school childhood obesity prevention efforts, and also to educate families, communities and policy makers about the importance of quality nutrition. Kids Eat Right® campaign members are able to access a variety of downloadable toolkits containing customizable presentations for adults and kids, suggested 10-minute activities and handouts.

## National Nutrition Month®, Registered Dietitian Nutritionist Day, and Nutrition and Dietetics Technician, Registered Day

Highlight your expertise and spread the word about the importance of developing healthful eating habits during National Nutrition Month® in March. Registered Dietitian Nutritionist Day and Nutrition and Dietetics Technician, Registered Day, celebrated each year on the second Wednesday and Thursday in March, respectively, serve as occasions to recognize RDNs and NDTRs for their commitments to helping people enjoy healthier lives.

## Nutrition Services Coverage

The Academy supports members by providing tools and resources to be successful at delivering high quality nutrition services and getting paid. Whether it is public or private payers, tools are available to market and support the business case for services provided by RDNs and NDTRs; understand changes in health care delivery and payment; and address essential information for compliance, business operations and coding, billing, and payment for nutrition services.

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*I continue my membership for two reasons—resources and relationships. I've made great connections over the past three-plus decades that have enriched my life, both personally and professionally. The relationships were built by involvement in my affiliate, attending FNCE®, Public Policy Workshops, the Leadership Institute, serving on state and national committees, and as a mentor in the online Mentor Match program.*



# Discounts on Products and Services

Take advantage of even more benefits, such as discounts on professional resources and insurance.

## Academy Credit Card

Apply for the Academy Elan™ World Mastercard® Everyday Rewards+ card and take advantage of low, competitive interest rates and rewards points. Card subject to approval.

## Professional and Personal Insurance Discounts

Administered by Association Member Benefits Advisors (AMBA), Academy members have access to professional liability insurance available for private practice or traditional employment at reduced member rates that protect against claims arising from real or alleged errors or omissions in the course of professional duties. Members also have access to exclusive savings on auto, home, long-term care, pet and other personal insurance products.



**Nina Rooft, PhD,  
RDN, LD, FAND**  
Joined in 1989



# Contact Information

## **Academy of Nutrition and Dietetics Foundation**

The Foundation is the only charitable organization dedicated exclusively to supporting nutrition and dietetics professionals by empowering them to help consumers live healthier lifestyles. The Foundation makes an impact individually with Academy members and collectively throughout the profession and around the globe with its scholarships, awards, fellowships, research grants, public nutrition education programs and disaster relief efforts. Visit [www.eatrightfoundation.org](http://www.eatrightfoundation.org) to learn more.

## **Accreditation Council for Education in Nutrition and Dietetics (ACEND)**

ACEND is the Academy's accrediting agency for education programs preparing students for careers as RDNs or NDTRs. Visit [www.eatrightACEND.org](http://www.eatrightACEND.org) for more information.

## **Commission on Dietetic Registration (CDR)**

CDR, the credentialing agency for the Academy of Nutrition and Dietetics, has sole and independent authority in administering valid, reliable and rigorous credentialing processes to meet the professional needs of credentialed practitioners and their employers, and to protect the public. CDR strategically focuses its efforts on credentialing, practice area competence and stewardship through entry-level, specialist and advanced practitioner credentials, certificate of training in obesity for pediatrics and adults, scope and standards of practice, definition of terms, global malnutrition composite score measure, nutrition care process, terminology and quality management resources. Visit [www.cdrnet.org](http://www.cdrnet.org) for more information.

## **[eatrightCPE.org](http://eatrightCPE.org)**

The Academy's online learning management system allows members to conveniently manage continuing education coursework within a single Academy platform, and houses over 400 products, including FNCE® session recordings, webinar recordings and certificate of training programs, with new products available on a monthly basis.

### **eatrightPRO.org**

Revamped to be the online destination for information and resources designed specifically for Academy members, eatrightPRO provides members with 24/7 access to scientific and evidence-based publications, articles and tools to stay at the forefront of dietetics research, policy initiatives, career trends and leadership opportunities.

### **eatrightSTORE.org**

Find Academy publications, professional development opportunities, education materials, gifts and more.

### **Member Service Center**

Prompt, courteous and professional membership representatives are here to assist you weekdays, from 8 a.m.–5 p.m., Central Time, at **membership@eatright.org** or by calling **800/877-1600, Option 1**. International callers can call +1-312/899-0040, Option 1.

### **Nutrition Information Services**

Your source for information and resources on food, nutrition and dietetics-related topics. Send your questions to our staff RDNs at **nis@eatright.org** or call **800/877-1600, ext. 4853 or 4784**.