

Academy of Nutrition and Dietetics

The world's largest organization of food and nutrition professionals. Formerly the American Dietetic Association.

SEARCH

Site

LOG IN / JOIN

[Advanced Search](#) | [View Top Searches](#) | [Home](#) | [About Us](#) | [Site Map](#) | [Shopping Cart](#)

**Join the Academy**

[Join the Academy »](#) | [Member Benefits »](#)

Connect With Us:



[Home](#) | [Public](#) | [Members](#) | [Become an RD/DTR](#) | [Media](#) | [Health Professionals](#) | [Shop](#)

[FIND A REGISTERED DIETITIAN](#)

## Burn a Few Thanksgiving Calories

Indulging in Thanksgiving favorites is okay, but be sure to take time to get out and enjoy physical activity too—it's a great way to bond with family and stave off a few extra holiday pounds. This Thanksgiving, weather permitting, try some of these outdoor activities.

[Learn More »](#)



### Tip of the Day: Give Thanks for your Food Thermometer

When you dust off your holiday cookie cutters and electric carving knives, don't forget the most valuable kitchen tool—your food thermometer.

[Learn More »](#)

### Enjoy Healthy Holiday Meals and Keep Food Safety in Mind

Don't let food poisoning spoil the party this holiday season. Follow these simple steps for planning, shopping, cooking and safely storing leftovers.

[Learn More »](#)

### Candidates for 2013 Academy National Election

The Nominating Committee is pleased to announce the slate of candidates for the 2013 Academy of Nutrition and Dietetics ballot. Voting will take place from February 1 to 22.

[Learn More »](#)

[Stay Involved](#)



[Forums](#)



[Blogs](#)



[Social Communities](#)



[Surveys](#)

[Stay Connected](#)



[E-Newsletter](#)



[RSS Feeds](#)



[Podcasts](#)



[Videos](#)

**KIDS eat right.**