



Dear Colleagues

I would like to take this opportunity to wish you all a year that is truly amazing. May you be inspired to be the best dietitian that you can be. I do believe that 2014 needs to be a year where we as dietitians take a stand as the nutrition experts. [Read more...](#)

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How to: Build the Perfect Salad

Pick a base



Add extra greenery



Add a pop of color



Give it some crunch



Mix in healthy extras



Power up with protein



Don't forget to dress it up!



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