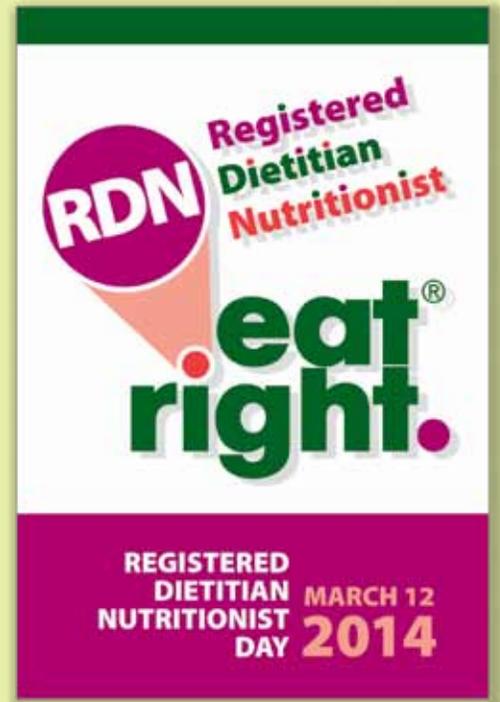
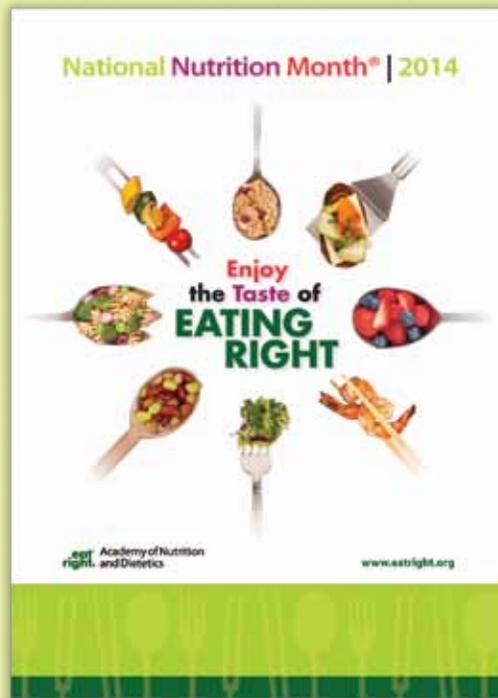


Attn: Nutrition & Food Department



**National Nutrition Month®
March 2014**

Registered Dietitian Nutritionist Day recognizes the valuable contributions of Registered Dietitian Nutritionists throughout the year. The theme, “Registered Dietitian Nutritionist—Eat Right,” highlights the importance of seeking nutrition guidance from a registered dietitian.

National Nutrition Month® | 2014



eat right. Academy of Nutrition and Dietetics

National Nutrition Month®, the Academy's nutrition education and information campaign promotes healthy eating along with physical activity. "ENJOY THE TASTE OF EATING RIGHT" encourages personalized healthy eating styles and recognizes that food preferences, lifestyle, cultural and ethnic traditions and health concerns all impact individual food choices."

Visit us at:

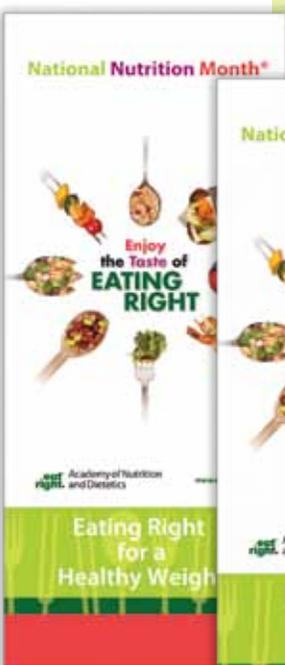
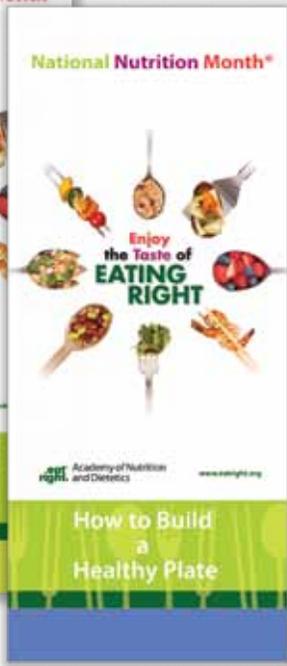
www.eatright.org/nm

for National Nutrition Month® and Registered Dietitian Nutritionist Day event ideas.

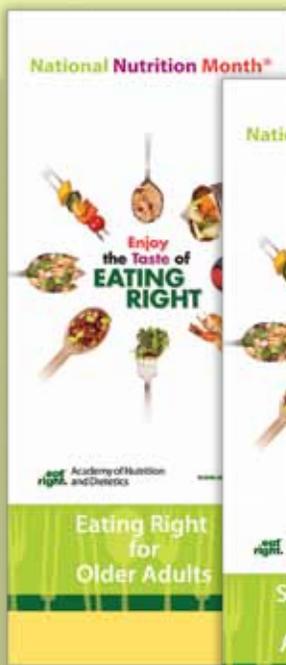
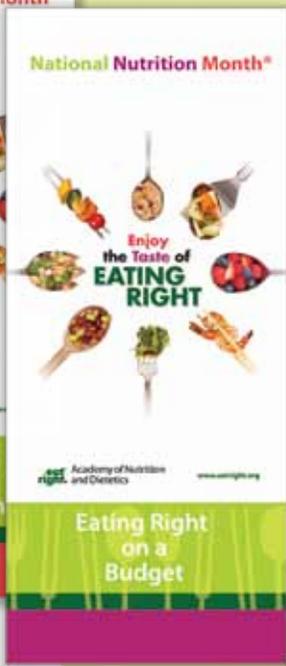
RDN Registered Dietitian Nutritionist
eat right.



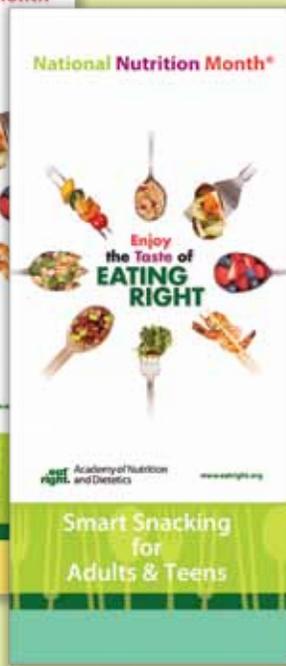
NM10



NM12



NM14



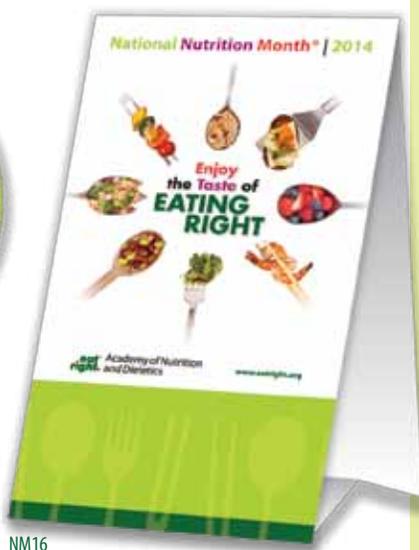
NM9

NM11

NM13



NM15



NM16

NM9 New! Eating Right with Less Salt - Healthy eating tips to boost flavor in favorite foods while cutting down on salt.
(Pkg/25) \$12.95 Academy Members, \$13.95 Nonmembers

NM10 How to Build a Healthy Plate - Colorful tri-fold brochure is the perfect handout at schools, hospitals, health fairs and more. Features the 2010 Dietary Guidelines for Americans and MyPlate Messages.
(Pkg/25) \$12.95 Academy Members, \$13.95 Nonmembers

NM11 Eat Right for a Healthy Weight - Tips for making small, gradual changes in eating and physical activity habits to move toward a healthy weight. Appropriate for teens and adults.
(Pkg/25) \$12.95 Academy Members, \$13.95 Nonmembers

NM12 New! Eating Right on a Budget - How to get the most for your food budget with tips for planning, shopping and preparing healthy meals.
(Pkg/25) \$12.95 Academy Members, \$13.95 Nonmembers

NM13 Eating Right for Older Adults - Updated with 2010 Dietary Guidelines. Special healthy eating tips for older adults are in easy to read type. Appropriate for use in active senior communities, assisted living or other settings.
(Pkg/25) \$12.95 Academy Members, \$13.95 Nonmembers

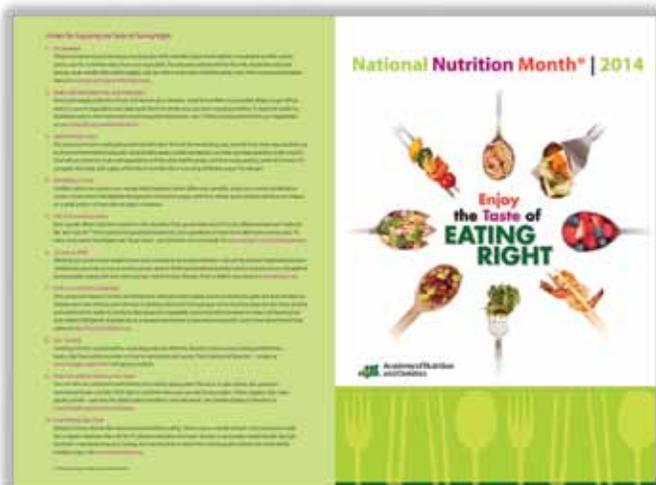
NM14 Smart Snacking for Adults & Teens - Promote healthy snack choices for increasing intake of fruits, vegetables, whole grains and dairy. Features snack ideas under 200 calories and, for active adults and teens, snack ideas up to 300 calories. Perfect for community groups, health fairs and high schools.
(Pkg/25) \$12.95 Academy Members, \$13.95 Nonmembers

NM15 Logo Stickers - Want to add a decorative touch to your correspondence? These stickers do just that, and much more! Be sure to have plenty on hand to share at NNM events.
(Roll/100) \$8.99 Academy Members, \$9.49 Nonmembers

NM16 Table Tents - Featuring the "Enjoy the Taste of Eating Right" theme and MyPlate healthy eating messages. Spread the word on tables, desks, shelves, displays, classrooms, and bulletin boards.
(Pkg/25) \$12.95 Academy Members, \$14.95 Nonmembers

NM17 Traymats/Placemats - With their bright, contemporary design, these 14" x 19" lined traymats/placemats add a decorative touch to your food service operation.
(Pkg/50) \$13.99 Academy Members, \$16.50 Nonmembers

For additional promotional resources, visit www.eatright.org/nm.



NM17

WEARABLES



NM18



NM19



NM20

NM18 Ladies Long Sleeve T-shirt - Slightly tapered side seams give shape to this long sleeve staple. 5.3 oz., 100% pre-shrunk cotton in deep purple with seamless 1/2" collar, double-needle stitched sleeves and bottom hem and 1/2" rib mid-scoop neck.
S, M, L, XL, XXL (add \$3 for each XXL)
\$17.95 Academy Members, \$19.95 Nonmembers

NM19 Ladies Tee - Fitted for ladies, this pre-shrunk combed ringspun cotton t-shirt in hot pink is the perfect backdrop for the 2014 Nutrition Month logo.
S, M, L, XL, XXL (add \$3 for each XXL)
\$13.99 Academy Members, \$14.99 Nonmembers

NM20 Nutribird Ladies T-shirt - Heavy 6.0 oz. sapphire, pre-shrunk cotton t-shirt comes with seamless double-needle feminine 1/2" rib mid-scoop neck, cap sleeves and side seams in a slightly tapered missy fit.
S, M, L, XL, XXL (add \$3 for each XXL)
\$13.99 Academy Members, \$14.99 Nonmembers



NM25



NM26

NM21 Neon Unisex Tee - This classic t-shirt is ruggedly constructed and made of 5.4 oz., pre-shrunk 100% cotton. The neon color will boldly display the "Enjoy the Taste of Eating Right" message.
S, M, L, XL, XXL (add \$3 for each XXL)
\$11.95 Academy Members, \$12.95 Nonmembers



NM21

NM22 Long Sleeve T-shirt - Long sleeve 4.5 oz., pre-shrunk 100% combed ringspun cotton unisex t-shirt is perfect for layering. The heather purple color is perfect to highlight the 2014 Nutrition Month logo.
S, M, L, XL, XXL (add \$3 for each XXL)
\$18.95 Academy Members, \$20.95 Nonmembers



NM22



NM23



NM24

NM23 Classic T-shirt - Our 2014 white t-shirt is sure to become one of your favorites. Made of heavy 100% pre-shrunk cotton with seamless ribbed collar and double-needle stitched hemmed sleeves and bottom for better wear. Small now available — great for kids!
S, M, L, XL, XXL (add \$3 for each XXL)
\$11.95 Academy Members, \$12.95 Nonmembers

NM24 Ladies Classic T-shirt - Fitted for ladies, this colorful pre-shrunk 100% cotton 6.1 oz. white t-shirt is a great way to promote nutrition. Features double-needle stitched neckline, sleeves and bottom hem. Seamless collar.
S, M, L, XL, XXL (add \$3 for each XXL)
\$11.95 Academy Members, \$12.95 Nonmembers

NM25 Eat Right Lapel Pin - A lapel pin is the perfect way to spread the "Eat Right" message. Tie-tac backing. 7/8"
\$3.99 Academy Members, \$4.25 Nonmembers

NM26 Top Seller! Green Apple Lapel Pin - Apple shape metal lapel pin with gold trim and a magnetic closure and backing. 1" in diameter.
\$4.75 Academy Members, \$4.99 Nonmember

NM27 Chili Pepper Lapel Pin - Handcrafted cast in solid, lead-free fine pewter. Each piece is an original three dimensional sculpture.
\$6.95 Academy Members, \$7.25 Nonmembers

NM28 Jumbo ID Holder - 40" long auto-retract cord makes it a cinch to display your ID. Quality swivel alligator clip attachment and sealed weather-resistant case.
\$4.49 Academy Members, \$4.79 Nonmembers



NM27

NM28

NM29 Poly/Cotton Apron - Perfect for the kitchen. Full length apron in a natural color features two front patch pockets at waist level and a 1" wide neck strap with sewn-on buckle for an adjustable fit. Made of 7.5 oz. twill fabric. 22" x 30"
\$14.99 Academy Members, \$15.49 Nonmembers

NM30 Eco Apron - Lightweight, nonwoven, eco-friendly, full length blue apron with handy front pocket. Accessories not included. 24" x 28"
\$3.99 Academy Members, \$4.49 Nonmembers



NM29



NM30

DRINKWARE

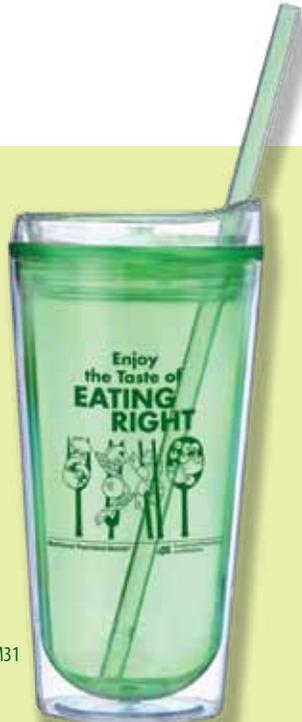
NM31 Dual Lid Tumbler - 16 oz. translucent double-wall tumbler features a slide lock lid for hot beverages and a matching straw for cold beverages. Convenient, sleek design fits most cup holders. BPA free. \$7.99 Academy Members, \$8.49 Nonmembers

NM32 New! Fruit Infuser Bottle - 25 oz. sport bottle includes a twist-on fruit infuser basket to add flavor naturally to your beverage. Bottle is made of heavy duty, BPA free Eastman Tritan™ Plastic and includes a twist-on lid with a flip-top drinking spout. \$10.99 Academy Members, \$11.49 Nonmembers

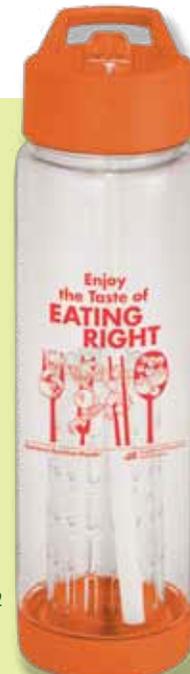
NM33 Water Bottle - Large 26 oz. value sports bottle has a convenient push/pull lid and is BPA free. \$2.49 Academy Members, \$2.75 Nonmembers

NM34 Stadium Cup - 16 oz. plastic cup will hold your favorite cold beverage. Perfect for your NNM event or food service promotion. \$0.99 Academy Members, \$1.09 Nonmembers

NM31



NM32



NM33



NM34



NM35



NM36



NM37



NM38



NM35 Top Seller! Mug to Go - Now you can enjoy your favorite hot beverage in your favorite ceramic mug even while out and about. 10 oz. ceramic mug comes with a removable travel lid. \$7.49 Academy Members, \$7.99 Nonmembers

NM36 Top Seller! Tumbler with Straw - 16 oz double-wall tumbler with matching snap-on lid and straw. BPA free. Made in the USA. Meets FDA requirements. \$4.69 Academy Members, \$4.99 Nonmembers

NM37 New! Changing Color Tumbler - Fun, 16 oz. tumbler with decorative circles that change color with temperature. Tumbler is made of single-wall acrylic with a twist-on lid and straw. BPA free. \$10.99 Academy Members, \$11.49 Nonmembers

NM38 New! Infusion Tumbler - This large 20 oz. tumbler allows you to add flavor naturally to your beverage. Tumbler is made of single-wall acrylic with a twist-on lid and straw. The infusion separator allows you to add a variety of fresh fruit or vegetables and is removable for cleaning. BPA free. \$9.49 Academy Members, \$9.99 Nonmembers

BAGS & TOTES



NM39

NM40



NM39 Add a special Gift Bag at a special price!

Gift Bag - Add this gift bag for the perfect finishing touch. This nonwoven, drawstring gift bag will hold your gifts and express a note of thanks to your special people. 9 3/4" x 11" x 3"
\$1.89 Academy Members, \$1.99 Nonmembers

NM40 Budget Shopper - This lightweight, nonwoven budget shopper tote bag is perfect for trips to the market. Made of 80 gram nonwoven, coated water-resistant polypropylene and is recyclable, reusable and hand washable. Tote measures 20" x 13" x 8" with 20" handles and 8" gusset.
\$2.59 Academy Members, \$2.79 Nonmembers



NM41

NM42



NM41 Top Seller! Lunch Bag - Lightweight, affordable lunch bag features a fully insulated, zippered main compartment, open front pocket and side mesh pocket. Laminated material is water-resistant and easily wipes clean. Reinforced double handles with a 5" handle drop height.
10 1/2" x 5" x 9 1/4"
\$6.99 Academy Members, \$7.49 Nonmembers

NM42 New! Insulated Shopper - This is just the right container to bring to the grocery store, beach or picnic. This nonwoven bag features foil insulation and has a zippered closure to keep items cold. The bag measures 14" x 21" x 5" with 22" handles.
\$8.49 Academy Members, \$8.99 Nonmembers



NM43

NM44



NM45



NM43 New! Market Tote - All-purpose 5 oz. cotton tote bag adds style to any shopping excursion. This large capacity tote has sturdy 24" shoulder straps, a pen loop (pen not included) and is machine washable.
11 1/2" x 15 1/4" x 6 1/4"
\$9.75 Academy Members, \$10.75 Nonmembers

NM44 New! Vintage Shopper - Organic veggies and antique kitchen utensils take center stage in this vintage print. This laminated nonwoven shopper features a large open main compartment with 10" gusset and supportive bottom board, reinforced handles and binding for added durability, contrasting regular polypropylene front open pocket and 10" handle drop height. The laminated material is water-resistant and easily wipes clean. Perfect alternative to plastic bags. 10" x 13" x 15"
\$6.25 Academy Members, \$6.99 Nonmembers

NM45 New! Canvas Tote Bag - Large tote bag made of strong 600D polycanvas. Tote is perfect for work, market, beach, library and more. Tote features a large open main compartment, front open pocket and double 23" handles. 3 3/4" x 18 1/8" x 11 3/16"
\$7.49 Academy Members, \$8.49 Nonmembers

NM46 New! Meeting Tote - This stylish meeting tote features a zippered main compartment, front mesh pocket, front pen loop (pen not included) and double 9" reinforced handles. This tote is made of strong 600D polycanvas. 3 1/2" x 13" x 15 3/4"
\$8.99 Academy Members, \$9.49 Nonmembers

NM47 New! Boat Tote Cooler - Fashionable cooler tote made of lightweight nonwoven material with a fully insulated zippered main compartment, open front pocket with pen loop (pen not included) and double 24" handles. 13 1/2" x 17 1/2" x 6"
\$7.49 Academy Members, \$7.99 Nonmembers

NM48 New! Exercise Pack - The sleek design is excellent for joggers, hikers and athletes. The pack allows you to bring your phone, ID and credit cards with you while you are on the go. The pack features a front zippered pocket with two mesh side pockets. The adjustable waist strap secures with a quick release buckle and opens to a 44" belt size. Made of 210D polyester. 15" x 6"
\$7.25 Academy Members, \$7.75 Nonmembers



NM46

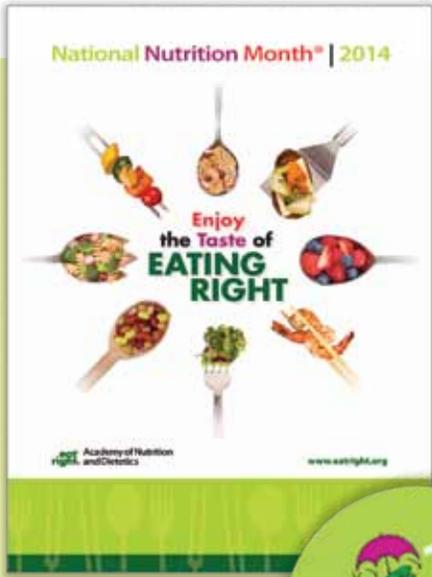


NM47



NM48

FUN WITH NUTRITION IN THE CLASSROOM!



NM49



NM49 Classroom Kit - Includes 2 large Posters, 100 Kid Stickers, 30 Pencils, 30 Bookmarks, and a Teacher's Guide. Designed to get kids interested in nutrition and physical activity.
\$41.99 Academy Members, \$45.99 Nonmembers

NM50 Wristbands - Debossed wristbands are the perfect way for both kids and adults to promote the "Enjoy the Taste of Eating Right" message. Specify Adult or Child size.
\$1.49 Academy Members, \$1.59 Nonmembers
(Pkg/30) \$39.95 Academy Members, \$42.99 Nonmembers

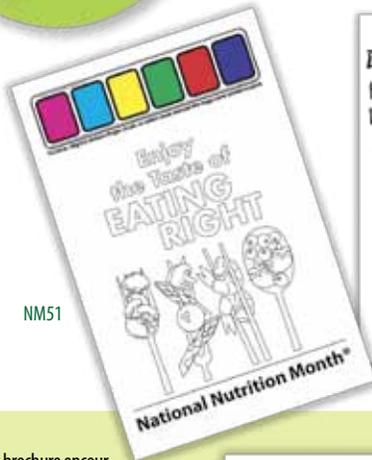
NM51 Paint Sheets - Kids love to paint and all you need is a cotton swab and water to start this project. 5 1/2" x 8 1/2" sheets with FDA regulated watercolor palettes.
(Pkg/30) \$11.49 Academy Members, \$12.99 Nonmembers

NM52 Seed Packet - The whimsical carrots on the front of this Danvers Half Long seed packet will help kids learn about how plants grow and the benefits of eating healthy fruits and vegetables. The "Enjoy the Taste of Eating Right" logo is on back of the packet.
\$0.79 Academy Members, \$0.89 Nonmembers

NM53 Silly Bands - Set of 8 fruit shaped silly bands in a fun wobble egg case that displays the "Enjoy the Taste of Eating Right" message.
\$3.59 Academy Members, \$3.89 Nonmembers



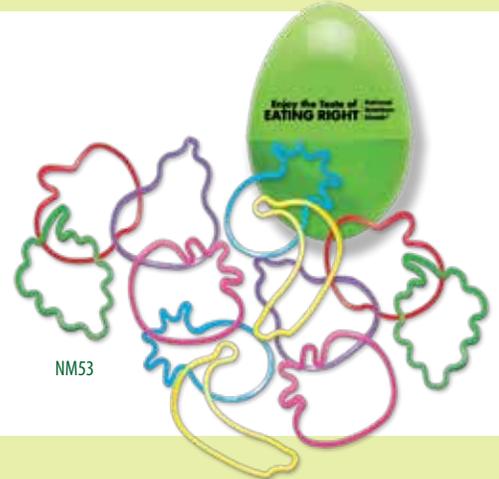
NM50



NM51



NM52

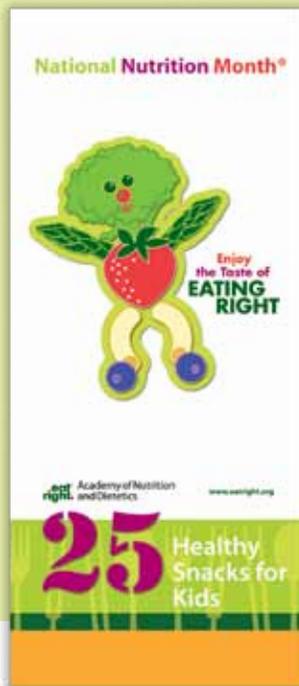


NM53

NM54 Healthy Snacks for Kids - This kid-friendly brochure encourages healthy food choices with 25 easy, great-tasting snack ideas plus bonus "Dip It" snacks. Perfect for classroom health fairs, community groups and pediatric clinics.
(Pkg/25) \$12.95 Academy Members, \$13.95 Nonmembers

NM55 New! Kraft Lunch Bag - Ideal for getting kids excited about a healthy on-the-go lunch or snack. Made of sturdy Kraft paper lined with nonwoven polypropylene. Kids can decorate the natural Kraft surfaces with crayons, markers or colored pencils creating their own design. Lightweight, insulated construction with hook and loop tape for a secure closure.
7" x 9" x 4"
\$5.25 Academy Members, \$5.49 Nonmembers

NM56 New! Kraft Pencil Case - The Kraft pencil case adds some additional fun to any event due to the "Color Me - Activity" feature. Kids can decorate the natural Kraft surfaces with crayons, markers or colored pencils creating their own design. This unique case is made of sturdy Kraft paper that is lined with nonwoven polypropylene. The zippered closure ensures all of your belongings will stay in place. 8" x 5"
\$3.59 Academy Members, \$3.79 Nonmembers



NM54



NM56

NM55



NM57

NM58

NM60

NM59

NM61

NM57 Kid Stickers - Kids love stickers! Having every student wear a sticker will create increased awareness for National Nutrition Month! (Roll/100) \$8.99 Academy Members, \$9.49 Nonmembers

NM58 Apples & Oranges Erasers - Pencil top eraser includes 15 apple erasers and 15 orange erasers. (Pkg/30) \$18.99 Academy Members, \$19.99 Nonmembers

NM59 Grape Pencils - Fun grape pencils are perfect for National Nutrition Month. Foil grapes wrap around this #2 pencil. (Pkg/30) \$24.99 Academy Members, \$25.99 Nonmembers

NM60 Milk & Cheese Erasers - Pencil top eraser includes 15 milk carton erasers (assorted colors) and 15 yellow cheese erasers (yellow only). Milk: 1 3/8" x 1" x 1"; Cheese: 1 1/4" x 1" x 5/8". (Pkg/30) \$18.99 Academy Members, \$19.99 Nonmembers

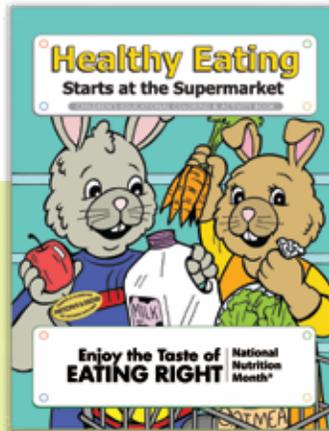
NM61 Pencil Sharpener - A new twist on staying sharp. White egg shaped pencil sharpener measures 1 3/4" tall. Twist the top section and the yolk slides back to reveal the sharpener. Twist the bottom section to open the egg and remove pencil shavings. \$2.99 Academy Members, \$3.19 Nonmembers

NM62 New! Fun with Nutrition - Tear out and put on the fun mask included in this coloring book and embark on a mission for good nutrition! Eating right will help you grow big and strong. This 16 page educational and entertaining coloring book features great story lines with fun, creative characters ready to teach fun and valuable lessons. \$1.89 Academy Members, \$1.99 Nonmembers

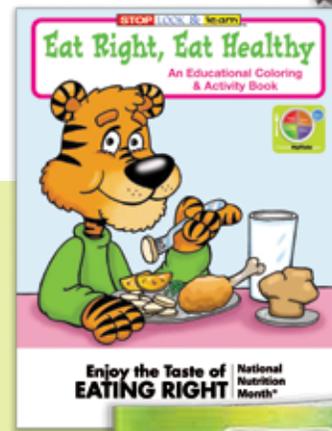


NM62

NM63 Supermarket Activity Book - An easy way for preschoolers, or students to have fun, learn and color. Healthy eating habits start young, and this book points out smart eating choices at the grocery store. This 16 page educational and entertaining coloring book includes word scramble, word search, games and puzzles. \$0.99 Academy Members, \$1.09 Nonmembers



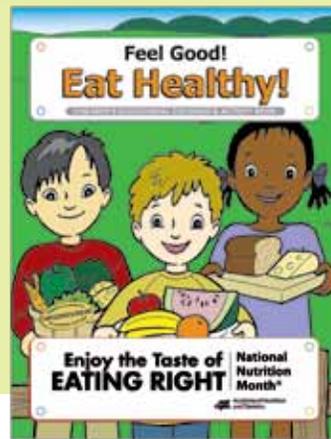
NM63



NM64

NM64 MyPlate Activity Book - 16 pages of text containing coloring, games and activities. Recommended for children ages 3 and up. \$0.99 Academy Members, \$1.09 Nonmembers

NM65 Available in English and Spanish! Coloring & Activity Book - "Feel Good! Eat Healthy!" promotes the importance of eating foods that are good for them. 16 pages including coloring pages, games and activities, word scramble and word search, jokes and funnies. Great story lines with creative characters that are ready to teach fun and valuable lessons. \$0.99 Academy Members, \$1.09 Nonmembers



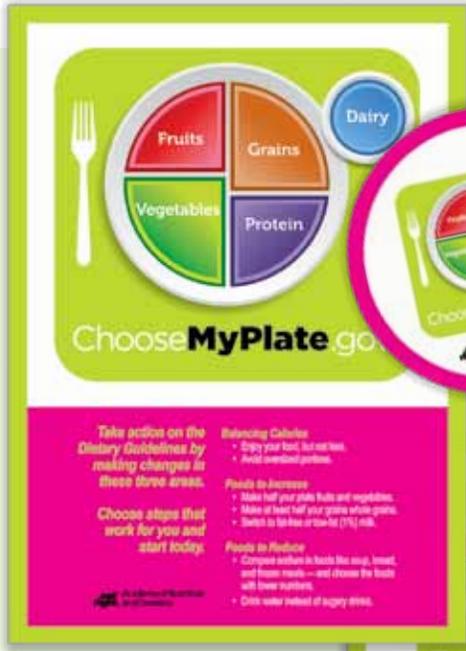
NM65



NM66

NM66 Healthy Eating and Me Book - By inserting the child's picture on the back cover of the book, the child becomes an instant star. The child will learn that eating the right types of food will help you grow up to be strong and healthy. \$1.89 Academy Members, \$1.99 Nonmembers

CELEBRATE WITH MYPLATE!



NM67



NM68

NM69

NM67 MyPlate Poster - With a bright and contemporary design and the MyPlate logo, these decorative posters help reinforce the importance of healthy eating. Large 20" x 28".
\$4.99 Academy Members, \$5.50 Nonmembers

NM68 MyPlate Sticker - Get the word out on the new "MyPlate" guidelines. These stickers do just that, and much more! Be sure to have plenty on hand to share at NNM events.
(Roll/100) \$8.99 Academy Members, \$9.49 Nonmembers

NM69 New! MyPlate Key Chain - Square, acrylic key chain that shows the colorful MyPlate logo under a protective epoxy dome.
1 1/2" x 1 1/2"
\$2.25 Academy Members, \$2.49 Nonmembers

NM70 MyPlate Vinyl Banner - Make a big statement with this large 6' x 3' colorful banner. Durable heavyweight vinyl comes complete with tough brass grommets so it can hang indoors or out. A great way to promote to the public and staff.
\$89.95 Academy Members, \$91.99 Nonmembers

NM70



NM72

NM71

NM75

NM71 MyPlate Bookmarks - Colorful bookmarks are great rewards for attending events and a creative reminder that keeps on reminding. Includes MyPlate healthy eating messages.
(Pkg/30) \$7.99 Academy Members, \$8.25 Nonmembers

NM72 MyPlate Badge Holder - Large square translucent retractable badge holder with anti-twist cord attachment. Quality stainless alligator clip attachment. 3 1/4" x 1 1/4" x 5/16"
\$4.10 Academy Members, \$4.20 Nonmembers

NM73 MyPlate Magnet - Business card sized magnet features the new "MyPlate" nutrition messages. 2" x 3 1/2"
(Pkg/10) \$7.99 Academy Members, \$8.99 Nonmembers

NM74 MyPlate Pen - Single full-color graphic on quality retractable pen. Black ink.
\$1.09 Academy Members, \$1.20 Nonmembers
(Pkg/30) \$29.99 Academy Members, \$32.99 Nonmembers

NM75 MyPlate Traymats/Placemats - With their bright, contemporary design, these 14" x 19" lined traymats/placemats add a decorative touch to your food service operation.
(Pkg/50) \$13.99 Academy Members, \$16.50 Nonmembers

NM76 MyPlate Tear Pad - 4" x 6" Bic® adhesive notepad with 25 lined sheets. A great way to make a lasting impression!
\$1.79 Academy Members, \$1.99 Nonmembers
Pkg/5 \$7.99 Academy Members, \$8.99 Nonmembers

NM73

NM74

NM76

FRONT

BACK



NM77 MyPlate T-shirt - Our white t-shirt is sure to become one of your favorites. Features the "MyPlate" logo in full-color. Made of heavy 100% pre-shrunk cotton with seamless ribbed collar and double-needle stitched hemmed sleeves and bottom for better wear. Small now available — great for kids!
S, M, L, XL, XXL (add \$3 for each XXL)
\$13.95 Academy Members, \$14.95 Nonmembers

NM78 MyPlate Buttons - Buttons are a classic way to promote the MyPlate message. 2 1/4" round button.
(Pkg/10) \$7.99 Academy Members, \$8.99 Nonmembers

NM79 MyPlate Budget Shopper - This 80-gram nonwoven polypropylene shopper bag is a great alternative to plastic bags. The shopper is reusable and recyclable and features a large open main compartment and 19" reinforced double handles. 5" x 19 3/4" x 12"
\$2.69 Academy Members, \$2.99 Nonmembers

NM80 MyPlate Tote - Reusable nonwoven shopping tote made of 80 gram nonwoven, coated water-resistant polypropylene, with grommet to secure handles. 13 3/4" x 15 1/2" x 4 3/4"
\$4.79 Academy Members, \$4.99 Nonmembers

NM77

NM79

NM80

NM78



NM81

SPECIAL PRICES! PROMOTIONAL KITS



NM82

NM81 My Plate Kit - Includes 10 MyPlate Magnets, 100 MyPlate Stickers, and 30 MyPlate Pens.
\$42.99 Academy Members, \$46.99 Nonmembers

NM82 Gift Set - Get a perfect ready-made gift for the special people around you! This gift set includes the Dual Lid Tumbler, Spiral Notebook, Inkjoy Pen and the Magnetic Clipper. All these items arrive in a nonwoven drawstring gift bag at a reduced price.
\$13.99 Academy Members, \$14.99 Nonmembers

NM83 Mini Kit - Can't decide which products to use to accessorize your events? The Mini Kit includes 1 Large Poster, 100 Logo Stickers, 10 Buttons, 25 Latex Balloons, 30 Writing Pens, and 30 Logo Bookmarks.
\$64.99 Academy Members, \$72.99 Nonmembers

NM84 Promo Kit - Includes 25 Table Tents, 10 Banners, 100 Logo Stickers, 10 Buttons, and 1 Large Poster.
\$47.99 Academy Members, \$53.99 Nonmembers



NM83



NM84

TAKE NOTE!



NM85 New! Fork & Spoon Pen Set - Two ballpoint pens with removable fork and spoon pen caps. 7" x 1/2"
\$4.49 Academy Members, \$4.69 Nonmembers

NM86 Carrot Pen - Carrot pen is a fun way to promote healthy eating. 6"
\$2.49 Academy Members, \$2.79 Nonmembers

NM87 Banana Pen - A fun novelty pen for all banana fans! 6 1/2"
\$2.49 Academy Members, \$2.79 Nonmembers

NM88 Writing Pen - Single full-color graphic on quality retractable pen. Black ink.
\$1.09 Academy Members, \$1.20 Nonmembers
(Pkg/30) \$29.99 Academy Members, \$32.99 Nonmembers

NM89 Inkjoy Pen - Inkjoy revolutionizes the writing experience by combining the best qualities of PaperMate® ballpoint and gel pen technologies. Inkjoy offers incredible smoothness and a fast dry-time to help avoid messy smearing. Black ink.
\$1.09 Academy Members, \$1.20 Nonmembers
(Pkg/30) \$29.99 Academy Members, \$32.99 Nonmembers



NM90 Spiral Notebook - Handy spiral notebook with 50 lined pages. 4 6/16" x 5"
\$2.49 Academy Members, \$2.75 Nonmembers

NM91 Memo Book - Nutritional facts on the back cover with 48 lined inside pages for jotting down important notes. White bond paper, 1/4" spaced, light blue ruled lines. 2 1/4" x 4 3/4"
\$1.39 Academy Members, \$1.59 Nonmembers

NM92 Apple Calculator - This handy 3" x 3" apple-shaped calculator is fun and sure to please! NNM logo on back of calculator. Batteries included.
\$3.99 Academy Members, \$4.25 Nonmembers

NM93 Sticky Notes - Whatever did we do without sticky notes? Sticky Notes® with adhesive back and full-color imprint. 3" x 3" pad contains 50 sheets.
\$1.99 Academy Members, \$2.09 Nonmembers

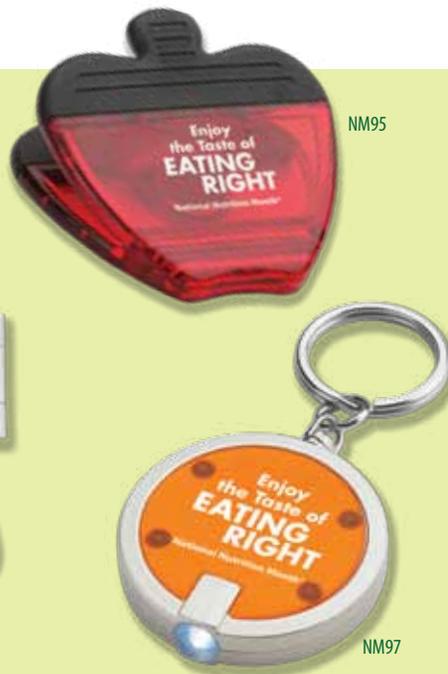


GIFTS & GADGETS



NM94

NM96



NM95

NM97

NM94 New! V-Fold Tablet Stand - The V-fold tablet stand holds a variety of tablets and phones for easy viewing. The stand is perfect for the office or even the kitchen while trying out a new recipe. The stand has non-skid rubber tips and is only 5 1/4" x 1 1/2" when folded for easy storage. \$1.89 Academy Members, \$1.99 Nonmembers

NM95 Apple Clip - Take a bite out of convenience with this Apple Power Clip with magnet. Not intended for children under 3 years old. 2 7/8" x 2 7/8" x 1 1/4" \$2.35 Academy Members, \$2.55 Nonmembers

NM96 Magnetic Clipper - Plastic, magnetic memo clip holder is perfect for clipping bags or clipping notes. 3 1/8" x 1 5/16" x 1 1/2" \$1.89 Academy Members, \$1.99 Nonmembers

NM97 Keylite - "Orange" you glad you eat right? Round plastic orange keylite allows you to have a light at your fingertips at night when locking your car or house. Press button to activate LED light. Metal key chain and split key ring. Button cell batteries included. 1 1/2" Diameter \$2.19 Academy Members, \$2.39 Nonmembers



NM98



NM99

NM98 Pedometer - This multi-function pedometer features an easy to read display and molded clip on back for belt attachment. Pedometer counts steps, miles, kilometers and calories. 1 7/8" x 1 1/2" \$4.99 Academy Members, \$5.49 Nonmembers

NM99 New! Microfiber Cloth - Scratch-free microfiber cloth for smartphone, tablets, computers and eyeglasses. 6" x 6" \$1.99 Academy Members, \$2.09 Nonmembers

NM100 Hand Sanitizer - 50 ml hand sanitizer is lightly scented and meets FDA requirements. The carabiner clips on to a briefcase, backpack, etc. Approximate size is 1 3/4" x 4 1/2". \$2.85 Academy Members, \$2.99 Nonmembers

NM101 Umbrella - Be prepared for the weather wherever you go with this automatic opening folding umbrella. Features a nylon canopy with matching color case, a two-section folding metal shaft, black plastic handle and wrist strap. 42" arc, folds to 15" long. \$16.99 Academy Members, \$17.49 Nonmembers

NM102 Stress Reliever - Avocado stress reliever will keep stress away and remind you that eating healthy can be delicious! Not intended for children under three years old or for pets. 1 3/4" x 3 3/4" x 1 5/8" \$4.99 Academy Members, \$5.25 Nonmembers



NM100

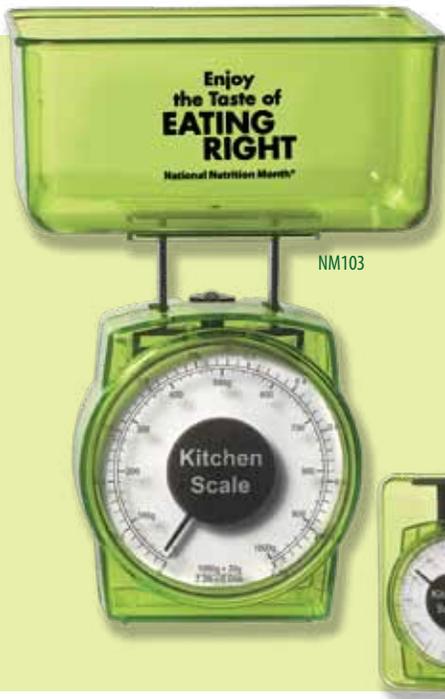


NM101



NM102

SOMETHING'S COOKING!



NM103



NM104



NM103 Kitchen Scale - This handy kitchen scale measures pounds, ounces and milliliters. The scale tucks into the tray for easy storage. Meets FDA requirements. 4 1/2" x 6 1/2" x 3 1/2" (assembled)
\$5.99 Academy Members, \$6.25 Nonmembers

NM104 New! Lemon Saver - Keep your fresh cut limes or lemons firm and moist with this container. This bright container is shaped like a lemon and has an airtight fit for freshness.
\$4.25 Academy Members, \$4.49 Nonmembers

NM105 5 in 1 Spoon - Best-selling measuring spoon now in cilantro green! Measures 1 tsp, 2 tsp., 2 1/2 tsp. and 1 tbs. 5 3/4" x 2"
\$1.99 Academy Members, \$2.09 Nonmembers

NM106 4 Way Spoon - New and improved design made in the USA. Perfect kitchen accessory for measuring 1/4, 1/2, and 1 teaspoon plus 1 tablespoon. Rugged, dishwasher safe, ABS plastic provides a polished, bright finish and guarantees a long lasting product.
\$1.49 Academy Members, \$1.59 Nonmembers
(Pkg/30) \$42.95 Academy Members, \$44.50 Nonmembers



NM105



NM106

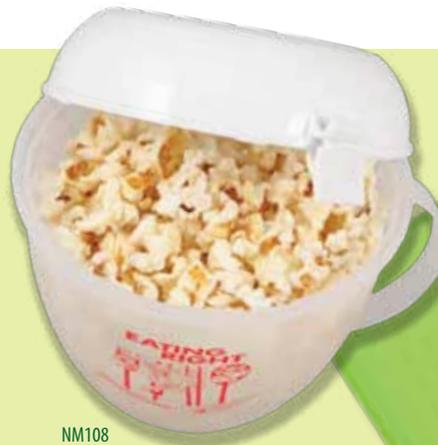


NM107

NM107 New! Citrus Peeler - Great for removing the peel from your favorite citrus fruits. Made of sturdy construction with wedge design on the handle. A great way to promote healthier living. Top rack dishwasher safe.
\$1.65 Academy Members, \$1.75 Nonmembers

NM108 New! Micro-popper - This microwave popcorn popper is perfect for making an individual serving of popcorn in as little as 2 1/2 minutes! It is designed specifically for even cooking and fits in most microwaves and even doubles as a serving dish! Pop your favorite brand with oil for a buttery flavor or dry for a light, healthy snack. 7" x 6" x 6"
\$12.49 Academy Members, \$12.99 Nonmembers

NM109 New! Cutting Board with Drain - Durable polypropylene plastic cutting board with slide out bottom compartment for rinse and drain. Hand wash only. Do not microwave. 8 1/2" x 5 1/2" x 1/2"
\$5.75 Academy Members, \$5.99 Nonmembers



NM108



NM109



NM110 Measuring Cup - One Cup Measure Up® measuring cup puts a new design twist on an old kitchen classic. Convenient and easy to read, this unique design allows you to read 1/4, 1/2, 3/4 and 1 cup markings of each distinct step on the inside of the cup. Top rack dishwasher safe. Product measures 3 1/8" x 5 7/8" x 3 3/8" in dimension. Made in the USA. \$1.99 Academy Members, \$2.09 Nonmembers

NM111 Can Strain-It - Can Strain-it® easily fits over most vegetable, fruit & tuna cans and quickly drains liquids from them. Uniquely designed notch on side conveniently lifts tabs and prevents fingernail breakage. 3 1/2" x 5 1/2" x 1 1/4" \$2.89 Academy Members, \$2.99 Nonmembers

NM112 New! Collapse-It™ Strainer - This easy-to-store strainer will quickly become your favorite! Convenient 7" diameter design allows for straining over your sink. The silicone strainer strains both hot and cold foods and folds flat for easy storage. Top rack dishwasher safe. \$5.89 Academy Members, \$6.09 Nonmembers



NM113



NM114

NM113 New! Jar Opener - We've taken our classic rubber jar opener and made it even better! Softer and stronger, our new cushioned gripper is gentler on the hands, yet provides superior gripping power. This Swiss cheese shaped vinyl jar opener is 100% USA made and is individually polybagged. 5" x 5" \$1.25 Academy Members, \$1.30 Nonmembers (Pkg/30) \$33.99 Academy Members, \$35.10 Nonmembers

NM114 New! Handy Tongs - These tongs are perfect when cooking with kids. The silicone hands can take up to 500 degrees and are a great size for easy storage. 1 3/8" x 6 1/2" \$8.99 Academy Members, \$9.25 Nonmembers

NM115 New! Ceramic Blade Peeler - This swivel peeler has a sturdy ergonomic design that is convenient to use. Easily peel vegetables and fruit with a smooth slice each time. The plastic handle holds a ceramic blade that will not rust over time. Top rack dishwasher safe. 6 5/8" x 1 1/4" x 3/8" \$4.49 Academy Members, \$4.75 Nonmembers

NM116 Brush & Peeler - Prepare veggies with this multi-function tool. Nylon brush scrubs veggies clean and stainless steel blade peels them to perfection. Ergonomic handle contains rubber for a non-slip grip and a hanging hole for easy storage. Dishwasher safe. \$4.99 Academy Members, \$5.25 Nonmembers

NM117 New! Grater - This little tool will make quick work of cheese, garlic and much more. The compact size is a "grate" addition to your tool drawer. Smile, it's dishwasher friendly. 1 1/4" x 6" \$5.49 Academy Members, \$5.75 Nonmembers

NM118 New! Spreader Plus - This great kitchen tool is ideal for spreading tuna fish, peanut butter, pesto and more. The citrus peeler on the opposite end will help you remove the peel from your favorite citrus fruit with ease. Top rack dishwasher safe. \$1.99 Academy Members, \$2.09 Nonmembers



REGISTERED DIETITIAN NUTRITIONIST DAY



NM119



NM120



NM121

NM119 RDN Poster - Help spread the message about Registered Dietitian Nutritionist Day with this colorful poster announcing the event to all. 15" x 22"
\$4.99 Academy Members, \$5.50 Nonmembers

NM120 RDN Pin - Be clearly recognized with this finely crafted RDN pin. Highlighted with blue enamel in silver plate, the pin is 7/8" in diameter and packaged in a gift box.
\$17.95 Academy Members, \$23.95 Nonmembers

NM121 DTR Lapel Pin - Get recognized by proudly wearing this Dietetic Technician, Registered lapel pin. Gold plate pin with blue enamel arrives packaged in a gift box.
\$14.95 Academy Members, \$19.95 Nonmembers



NM122

NM122 RDN Junior Portfolio - This handy Jr. portfolio includes a refillable, 30 page ruled notepad and 5 assorted color sticky flags. The inside cover panel contains 2 business card pockets and an elastic pen loop. Portfolio measures 7 1/8" x 9 1/2" and has a laminated polypropylene cover. Pen not included.
\$8.39 Academy Members, \$8.79 Nonmembers

NM123 RDN Portfolio - Contemporary 8 1/2" x 11" portfolio includes a 30 page writing pad, card holders, elastic pen loop and an inside flap pocket. Front cover made of PVC. Pen not included. 9 3/4" x 12 1/2"
\$19.99 Academy Members, \$20.49 Nonmembers

NM124 New! RDN Stylus Pen - Ballpoint, aluminum stylus pen with a soft rubber stylus tip that is integrated into the end of the cap and eliminates fingerprints and smudges on your device. Compatible with any capacitive touchscreen device including iPhone, iPad, Blackberry, and Android OS Tablets or Smartphones. Also ideal for any public touchscreen uses such as ATM or retail payment pads. Includes premium black ballpoint ink cartridge and velvet pouch.
\$4.99 Academy Members, \$5.25 Nonmembers



NM123

NM124



NM125



NM126

NM125 RDN Ladies Polo - This polo is perfect for work or play. Made of 100% micro polyester double pique knit with a wicking finish, this polo offers breathable moisture management. It has a classic flat knit collar with a long, slimming two-button placket.
S, M, L, XL, XXL (add \$3 for each XXL)
\$29.99 Academy Members, \$32.99 Nonmembers

NM126 RDN Hot & Cold Tumbler - Some like it hot and some like it cold. With this 20 oz., double-wall acrylic tumbler you can have both: a screw-on lid that has a pull-up stopper for drinking hot beverages and an integrated pull-up straw for cold beverages. BPA free. Do not microwave. Hand wash only. 8 3/4" x 2 3/4"
\$14.49 Academy Members, \$14.99 Nonmembers

NM127 RDN ID Holder - This 40" auto-retract cord makes it a cinch to display your jumbo ID. Quality swivel alligator clip attachment A sealed weather-resistant case. 2 1/8" x 3 3/4" x .35"
\$4.69 Academy Members, \$4.99 Nonmembers



NM127



NM128



NM129

NM128 New! RDN Fashion Tote - Tote your belongings in style with this cotton fashion tote. Tote features a large capacity, open main compartment, stylish grommet details and faux leather 24" shoulder straps. Made of 10 oz. cotton material. 16" x 15" x 3 1/4"
\$21.49 Academy Members, \$22.49 Nonmembers

NM129 RDN Zip Tote - Functional tote bag made of 600D polycanvas and features a large zippered main compartment, an open front pocket that includes business card pockets and an elastic pen loop, and 2 side pockets. This tote bag measures 5" x 16 1/2" x 14" with 25" handles.
\$10.99 Academy Members, \$11.99 Nonmembers

NM130 Top Seller! RDN Cooler - Stylish, eco-friendly cooler bag is made of a lightweight, nonwoven material. Heat-sealed lining keeps food or drinks cold or warm. Large enough to hold up to 12 cans, with plenty of room to pack the healthiest of lunches. 16" x 10 1/4" x 5 1/2"
\$10.49 Academy Members, \$10.99 Nonmembers



NM130

PACK A HEALTHY LUNCH!



NM131



NM132

NM131 Top Seller! Salad Shaker Set - 3 piece salad shaker set holds up to 4 cups of salad. Fork slides into lid for convenient storage and removable dressing container nests in the lid and holds up to 4 tablespoons of dressing. Meets FDA requirements. 8"
\$6.75 Academy Members, \$6.99 Nonmembers

NM132 Top Seller! Cutlery to Go - Reusable cutlery set includes spoon, knife and fork. Lid keeps utensils nested together. FDA approved. Perfect for your healthy packed lunches.
\$2.99 Academy Members, \$3.25 Nonmembers

NM133 New! Salad Bowl on the Go - This convenient salad bowl set can hold up to 4 cups of salad and has a removable tray with three compartments and a removable dressing container that nests in the tray and holds up to 4 tablespoons of dressing. It also includes a fork that slides into the lid and a snap closure lid. Meets FDA requirements. 7" Diameter x 5"
\$13.99 Academy Members, \$14.49 Nonmembers

NM134 Top Seller! Snack to Go - Perfect size for soup or leftovers. CoolGear freezable gel in lid keeps your food chilled on the go. All FDA compliant and BPA free. 2" x 4 1/4" x 4 1/4"
\$5.75 Academy Members, \$5.99 Nonmembers



NM133



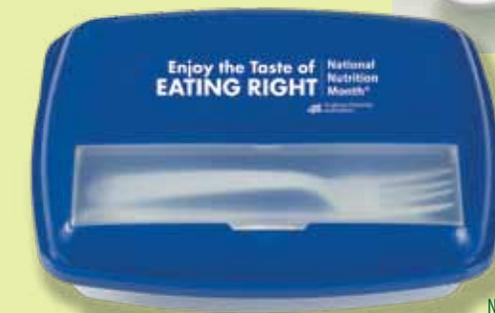
NM134



NM135

NM135 Special Pricing! Meal to Go Set - An innovation in meal and snack convenience, this 5 piece set includes: spoon (locks into lid), leak proof lid, 16 oz. mug, clear protective cover and a 9 oz. bowl. Leak proof construction gives you confidence to fill and go! Easy to carry, leak proof, microwave safe, break resistant, BPA free. Arrives individually boxed.
\$19.99 Academy Members, \$21.99 Nonmembers

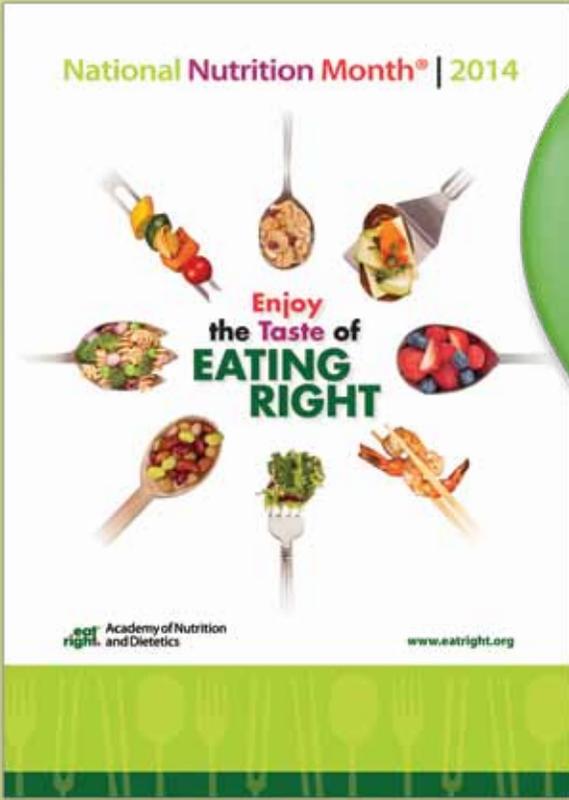
NM136 New! Lunch Container - Perfect for packing a healthy lunch, this 3-section lunch container includes a plastic knife and fork in a secure lid compartment. Container is microwave and dishwasher safe and meets FDA requirements. 9 1/4" x 7 1/4" x 2 1/4"
\$9.59 Academy Members, \$9.99 Nonmembers



NM136



PROMOTE NATIONAL NUTRITION MONTH®!



NM1

NM1 National Nutrition Month® Poster - With a bright and contemporary design and the "Enjoy the Taste of Eating Right" message, these decorative posters help reinforce the importance of healthy eating. Large 20" x 28" size. \$4.99 Academy Members, \$5.50 Nonmembers

NM2 Mini Poster - Just like the 2014 large poster, our mini 8 1/2" x 11" poster is a bright, contemporary design with the "Enjoy the Taste of Eating Right" message. These decorative posters help reinforce the importance of healthy eating. (Pkg/10) \$19.99 Academy Members, \$21.95 Nonmembers

NM3 Balloons - Add a festive touch to your celebration with these colorful 11" lime latex balloons. (Pkg/25) \$10.99 Academy Members, \$11.99 Nonmembers

NM4 Mylar Balloon - 18" round orange mylar balloon will bring attention to nutrition for the entire month. Helium required. \$3.99 Academy Members, \$4.49 Nonmembers

NM5 Logo Bookmarks - Colorful bookmarks are great rewards for attending events and a creative reminder that keeps on reminding. Includes MyPlate healthy eating messages. (Pkg/30) \$7.99 Academy Members, \$8.25 Nonmembers

NM6 Buttons - A classic way to promote the "Enjoy the Taste of Eating Right" message. 1 3/4" x 2 3/4" (Pkg/10) \$7.99 Academy Members, \$8.99 Nonmembers

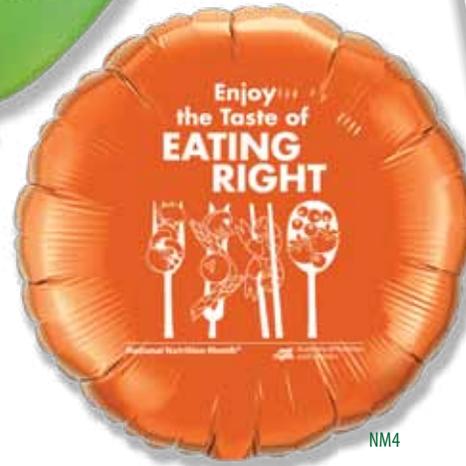
NM7 Vinyl Banner - Make a big statement with this large 6' x 3' colorful banner. Durable heavyweight vinyl comes complete with tough brass grommets so it can hang indoors or out. A great way to promote to the public and staff. \$89.95 Academy Members, \$91.99 Nonmembers

NM8 Banners - Boldly displaying National Nutrition Month®, take center stage with these colorful banners. At 8" x 20", they're the perfect size for bulletin boards, event entrances, and more. (Pkg/10) \$15.99 Academy Members, \$16.99 Nonmembers

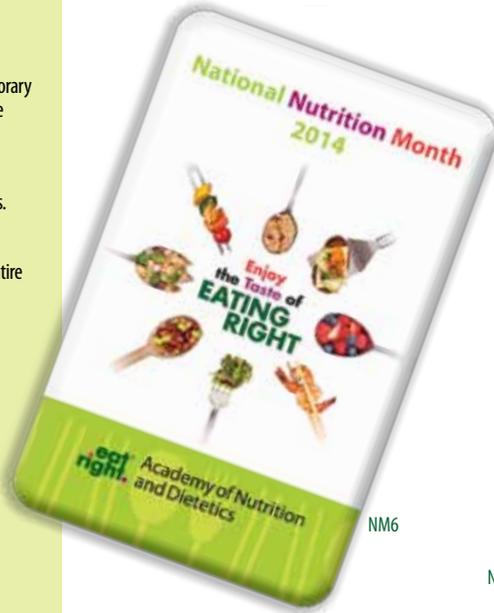
NM7



NM3



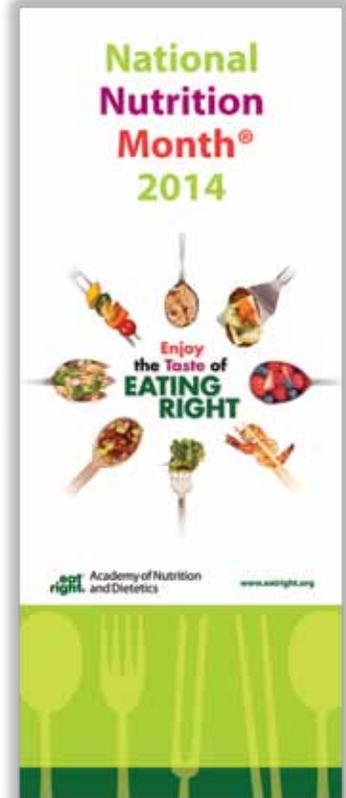
NM4



NM5



NM2



NM8