

HEALTHY DINING CEO TO SPEAK AT NATIONAL CONFERENCE

Jones-Mueller joins other food industry leaders to address Produce for Health at Texas A&M

Several of the nation's leading food industry experts will convene here next week to discuss the latest findings on the connections between fruit and vegetable production and medical advances. The national conference will also mark the 20th anniversary of Texas A&M University's Vegetable and Fruit Improvement Center.

Anita Jones-Mueller, MPH, founder and president of California-based Healthy Dining, has been invited to share her expertise during the national, daylong conference, Produce for Health. The event will be held on Tuesday, February 25th, at the Texas A&M AgriLife Center.



Jones-Mueller will participate in a panel discussion with other national experts on the subject of Improving our Health: How Research Can Help Increase Consumption of Fruits and Vegetables.

"I'm looking forward to sharing my insights into how America's restaurants are steadily incorporating more healthful food options, including more fruits and vegetables, into their menus," said Jones-Mueller. "The scientific advances made at Texas A&M are contributing immeasurably to our understanding of the importance of a nutritious diet, and I'm pleased to share that the restaurant industry, by and large, is taking note and improving their offerings."

Anita_HighResHealthy Dining's web site, HealthyDiningFinder.com, arms users with the most comprehensive database of healthy meals handpicked by registered dietitians based on qualifying nutrition criteria that emphasize lean proteins, vegetables, fruits, whole grains and unsaturated fats. More than 4,000 menu items served at more than 60,000 participating restaurants across the nation can currently be found on the site, and more are added weekly. A Kids LiveWell feature likewise provides a growing selection of healthful options that younger eaters are sure to enjoy.

The Vegetable & Fruit Improvement Center at Texas A&M is renowned for the interdisciplinary efforts of scientists to develop healthy, flavorful and tasty vegetables and fruits such as peppers, the maroon carrot, mild 1015 onion, cantaloupes, peaches and plums that also have higher health-promoting compounds.

"This center is unique because of our strong partnership between diverse industry and interdisciplinary

scientists to improve the health and well-being of people,” said Dr. Bhimu Patil, the center’s director. “Our goal for the conference is to bring top-notch people from the food industry and medical research together so that consumers can hear different perspectives and dialogue.”

Also appearing at the conference is David Katz, MD, MPH, FACPM, FACP, and Director of Yale University’s Prevention Research Center. Dr. Katz offered his support for Healthy Dining’s groundbreaking mobile site upon its recent launch.

“My new book, *Disease Proof*, is all about the incredible power of diet and lifestyle over our health and even over our genes,” Katz said. “Tools like Healthy Dining Finder illustrate just the kind of innovations we need so more people can exercise that power and add both years to life and life to years.”



ABOUT HEALTHY DINING

Healthy Dining provides Americans with the digital tools and resources necessary to find the best restaurant choices for their dietary goals and healthy lifestyles. President and founder Anita Jones-Mueller, MPH, launched Healthy Dining in San Diego, CA, in 1991 by combining the brainpower and creativity of chefs, restaurateurs, health experts, registered dietitians and communication strategists. Now, in collaboration with the National Restaurant Association and scores of partner organizations, the Healthy Dining Program has grown to become the most powerful restaurant industry nutrition initiative in the nation. Healthy Dining’s signature website, [HealthyDiningFinder.com](http://www.HealthyDiningFinder.com), enables millions of nutrition-conscious restaurant diners, as well as those dealing with diabetes, high blood pressure, obesity and other nutrition-related conditions, to easily find dietitian-recommended Healthy Dining and Kids LiveWell choices served at more than 60,000 restaurants. For more information please visit www.HealthyDiningFinder.com.

ORIGINAL LINK: <http://fb101.com/2014/02/healthy-dining-ceo-to-speak-at-national-conference/>