

State of Utah

Office of the Lieutenant Governor



Spencer J. Cox
Lieutenant Governor

Dear Friends,

While I enjoy challenging all of you (including myself) to remain healthy each Legislative session, I thought I would leave it up to the professionals this time around. I'd like to recommend UAND for your nutrition and health challenge this Legislative session.

The Utah Academy of Nutrition and Dietetics (UAND) is the professional organization for Registered Dietitian Nutritionists (RDNs), who are experts in medical nutrition therapy. RDNs are certified to help people make meaningful nutrition changes to help with healthy lifestyles. You can learn more about them and their organization at www.eatrightutah.org. About 850 RDNs live and work in Utah, with three universities providing the required undergraduate or graduate degrees and 1200 hours of supervised practice. After successful completion of the national registration examination, they can use the credentials of RDN.

UAND is offering to encourage and support your health and good nutrition this legislative session in 3 ways:

1. Attached is a Healthy Tips for the Legislative Session calendar.
2. They will host a Breakfast at the Capitol on January 25 – be sure to stop by and meet them!
3. Legislators are eligible to win a complimentary one hour nutrition counseling session with a RDN to learn how to meet your health and fitness goals through food and nutrition. Five legislators will be randomly selected to receive this session in March 2017, in honor of National Nutrition Month. Contact wendyphillips@iammorrison.com February 21st to be entered in the drawing!

My personal best wishes to you for a healthy and successful 2017 Legislative Session. Please let me know if I can be of assistance to you.

Best regards,

A handwritten signature in black ink, appearing to read "Spencer J. Cox".

Spencer J. Cox
Lieutenant Governor