

FOREWORD

Sometimes a change in plans simply means adjusting expectations – but sometimes that change in plans can turn into something so much bigger and change the course of a profession and the lives of the people who practice within it. The Academy of Nutrition and Dietetics (originally the American Dietetic Association) was founded when 100 dietitians assembled as a group for the first time in Cleveland, Ohio, to discuss the critical dietetics-related issues of the day. The humble roots of this professional member association have ultimately grown into a 75,000-member-strong organization that has set the bar high and exceeded expectations in the century that followed.

Would the founding members recognize the Academy today? The years since its founding have reflected a rich tapestry of growth and change, yielding a practice landscape that becomes more diverse with every decade and an energized member base that has benefited from – and built upon – the work pioneered by their predecessors.

In closing *Carry the Flame: The History of the American Dietetic Association*, a look at the Academy's development beginning in 1917 and continuing on to near the close of the 20th century, Jo Anne Cassell, MS, RD, noted that the challenge to all members is to create a future worthy of the Academy's past. As the Academy reaches its centennial, to reflect on the last 100 years is to consider how the triumphs and challenges of that past laid the foundation for the present-day profession. Within this book are markers of the Academy's history, and they tell a story: Of pioneers; of war; and of charity, honors, and research, all within the emerging field of dietetics. Divided by decade, the chapters within provide a glimpse into the first 50 years of the Academy.