

Today's Diet & Nutrition digital magazine offers the opportunity to target your audience with authoritative content on today's hottest and most timely topics for living a healthy lifestyle.



JANUARY

Weight-Loss Month

Probiotics
Fiber
Video Games/Active Health
Cold Weather Comfort Food
Weight-Loss Strategies

Space Deadline: 11/28/11
Material Deadline: 12/15/11

FEBRUARY

American Heart Month

Heart Health
Chocolate
Breakfast
Slow Cooking
A Mardi Gras Party

Space Deadline: 1/3/12
Material Deadline: 1/18/12

MARCH

National Nutrition Month

Functional Foods
Antioxidants
Children's Health
The Semi-Vegetarian Diet
A St. Patrick's Day Dinner

Space Deadline: 1/30/12
Material Deadline: 2/16/12

APRIL

Sports Nutrition
Healthy Beverages
Chia
Easter and Passover Entertaining
Soy: Miso

Space Deadline: 3/5/12
Material Deadline: 3/20/12

MAY

Celiac Disease Awareness Month

Women's Health
Oils
Snacks
What's New in Celiac Disease
Mother's Day Entertaining

Space Deadline: 4/2/12
Material Deadline: 4/18/12

JUNE

Men's Health Month

Men's Health
Gluten Free
Omegas
Father's Day: Cooking With Beer
Grains

Space Deadline: 4/30/12
Material Deadline: 5/17/12

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JULY

Organics
Digestive Health
Heart Health
Picnics and BBQs
Cool Treats for Hot Days

Space Deadline: 6/4/12
Material Deadline: 6/19/12

AUGUST

Sweeteners
Back to School
Flax
Better-for-You Burgers
Thirst Quenchers

Space Deadline: 7/2/12
Material Deadline: 7/18/12

SEPTEMBER

National Cholesterol Education Month

Infant/Toddler Health
Whole Grains: Rice
Gluten Free
Lowering Cholesterol
Autumn Harvest Foods

Space Deadline: 7/30/12
Material Deadline: 8/16/12

OCTOBER

Nuts
Spices
Dairy
Halloween Treats
Oktoberfest Meals

Space Deadline: 8/27/12
Material Deadline: 9/13/12

NOVEMBER

Diabetes Awareness Month

Diabetes Health
Sugar Free
Turkey 5 Ways
Daily Needs: Vitamin D
Mediterranean Foods

Space Deadline: 10/1/12
Material Deadline: 10/18/12

DECEMBER

Fighting Obesity
Pasta
Sports Bars and Drinks
Healthy Holiday Foods
Children's Health

Space Deadline: 9/29/12
Material Deadline: 11/15/12