

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.



MARCH

National Nutrition Month

Better Breakfasts
Easter/Passover Entertaining
Infant Nutrition
Cooking for Health: Diabetes
Recipes: Horseradish

Space Deadline: 2/1/10
Material Deadline: 2/22/10

APRIL

Spring Into Action

Exercise for Bone Health
Antioxidants
Weight Loss Strategies: Weight Loss Camps
Organic Beer, Wine & Spirits
Natural Remedies for Diabetes

Space Deadline: 3/1/10
Material Deadline: 3/22/10

MAY

Women's Health Awareness

Getting More Fiber
Women's Health: Eating to Beat PMS
Yogurt and Probiotics
Weight Watching With a Gluten-Free Lifestyle
A Mother's Day Waffle Brunch

Space Deadline: 4/5/10
Material Deadline: 4/26/10

JUNE

The Great Outdoors

Social Networks and Weight Loss
Nutrition to Go
Vegetarian Lunches
Fathers's Day Entertaining: Foods Dads Love Made Healthy
Great Grains: Side Dishes for Picnics and BBQs

Space Deadline: 5/3/10
Material Deadline: 5/24/10

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JULY

Summer Grilling

Hydration: The Latest in Healthy Beverages

Cool Treats (sorbets, frozen yogurt, ice cream)

Boost Your Health With Lycopene (with recipes for tomatoes and watermelon)

Vegetarian Grilling

Space Deadline: 6/7/10
Material Deadline: 6/28/10

AUGUST

Allergy Awareness

Milk Substitutes

The Best Veggie Burgers

Grilling: Healthy Recipes

The Healthy Gluten-Free Lunchbox

Digestive Health

Space Deadline: 7/5/10
Material Deadline: 7/26/10

SEPTEMBER

Back to School

Heart-Healthy Omega-3s

Kitchen Arts: Cookware and Gadgets

Back to School: Snacks for kids with allergies

The Healthiest Spice

Vegan Nutrition

Space Deadline: 8/2/10
Material Deadline: 8/23/10

OCTOBER

Celiac Awareness

Nuts for Health

Gluten-Free Nutrition: Eating Healthfully With Celiac Disease

Heart Health: A Recipe for Lowering Blood Pressure

Cooking With Grains

Fortified and Enhanced Foods

Space Deadline: 9/3/10
Material Deadline: 9/27/10

NOVEMBER

Diabetes Awareness

Thanksgiving Entertaining

Heart-Health Holiday Food

A Cook's Holiday Gift Guide

Natural Remedies for Allergies

Soy

Space Deadline: 10/4/10
Material Deadline: 10/25/10

DECEMBER

Healthy Holidays

Gluten Free Goes Gourmet

Cooking With Healthy Fats

12 Ways to Beat Stress

Holiday Entertaining

Weight Control

Space Deadline: 11/1/10
Material Deadline: 11/22/10