



The Savvy Dietitian's Guide to Modern Agriculture

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Carmichael, California

Education

- B.S. in Dietetics, University of California, Davis
- Dietetic Internship, University of Minnesota Hospital & Clinics
- M.S. in Nutrition Communication, Tufts University School of Nutrition Science & Policy

Employment History

- Fleishman Hillard
- Dole Food Company
- California Walnut Commission
- The Culinary Institute of America

Learning Objectives

After completing this continuing education webinar, nutrition professionals should be able to:

- Describe differences between commodity and specialty crop production in the U.S.
- Discuss how soil and climate impact a farmer's choices of crops and production methods.
- Compare and contrast modern agricultural production practices used in the U.S.
- List three challenges facing U.S. farmers and ranchers
- Describe two modern farming practices that enhance production while protecting the environment.



FACTS vs. Feelings
EVIDENCE vs. Emotion
BALANCE vs. Bias
SCIENCE vs. Suspicion
PERSPECTIVE vs. Paranoia
AUTHORITIES vs. Activists
FARMERS vs. Fearmongers



**Don't let the perfect
be the enemy of the good.**

François-Marie Arouet

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14 FACTS ABOUT FOOD & FARMING

- Modern agriculture is sustainable agriculture.
- Farmers care about soil health, water quality, and animal health.
- Farmers produce more than food.
- Farming is a business.
- No two farms are identical.
- Farmers choose specific production systems for specific reasons.
- Farmers are educated, independent... and very creative problem solvers!
- All crops have been genetically modified in some way.
- One production system isn't "better" than another, just different.
- All farmers use crop protection.
- Farming is a science- and technology-based business.
- Soil health is an important issue for all farmers.
- Plant breeding produces benefits for farmers, consumers, and the environment.
- Farming today is very different from 10, 20, 50 years ago.

