

## **Lunch and Learn Descriptions**

*All of the following lectures are one hour and can be paired with a cooking demo and food samples. We highly recommend adding the cooking on, as it makes the lectures more interactive and practical! If you do not see a topic that interests you, we can also create a customized presentation.*

### **Nutrition 101**

The world of nutrition is confusing and always evolving, making it difficult to understand what is actually healthy. In this presentation, we will help you navigate the confusing world of nutrition and make sense of media messages. We will discuss:

- How to determine whether a nutrition claim is true
- The 6 principles of a healthy diet
- How to prepare nutritionally balanced meals and snacks
- How to limit added sugars

### **Shake the Sugar Habit**

Do you suffer from that 3pm slump during the workday? Do you feel that every meal needs to end with a sweet? Come learn about how sugar is addictive and its many negative health effects. Discover ways to kick the sugar habit, gain more energy and treat yourself with more natural, wholesome sweeteners. Watch a cooking demo and sample a delicious treat.

### **Enhance Immunity**

Stay healthy this cold and flu season by eating foods that support your immune system. Learn about the important nutrients that enhance immunity and how to incorporate them into your lifestyle. Sample a delicious soup and learn how to make a simple home cough remedy.

### **Eating Healthy At The Workplace**

Since the workplace is where we spend the majority of our week, it is important that the environment supports our healthy goals. In this presentation we will discuss:

- How to form a supportive team and a healthy office setting
- How to avoid the 3 o'clock slump
- How to plan and pack healthy lunches and snacks
- How to avoid unhealthy temptations

## **Eating Green: Everything You Need to Know About Organics**

Knowing how to use your food dollars in a way that supports the environment and your health is important but navigating the world of organics can be confusing. In this workshop you will learn the definition and history of organic foods, labeling regulations and loopholes, farming practices and budget conscious shopping. You will leave with handouts, a seasonal recipe and the tools to tackle your grocery shopping!

## **Cool Inflammation with Food**

Inflammation within the body is linked to many common diseases, including heart disease, some types of cancer, and Alzheimer's. The best defense against inflammation is diet. Anti-inflammatory foods contain compounds that can prevent or decrease inflammation. Learn how different foods influence the inflammatory process, the difference between pro- and anti-inflammatory foods, and the best preparation techniques. Sample delicious recipes that help prevent inflammation.

## **Going Gluten Free**

Gluten sensitivities can lead to skin and digestive issues, as well as fatigue and altered mood. Many find that eliminating gluten can vastly improve their health, however, learning how to do so can be confusing. There are many new gluten free products on the market and not all are healthy. Come learn about the basics of following a gluten free diet, discover new gluten free grains and cooking techniques and whether or not this diet is right for you.

## **Eating Clean, What's That Mean?**

*Eating Clean, Detox and Cleanse* are all buzz words that have no clear-cut definition. In this lecture, we will discuss what this means to us, including:

- Deciphering fads and product gimmicks from scientific information
- What constitutes a whole food
- What it means to eat organic
- How to do a healthy cleanse on your own

## **Food and Mood**

The foods we eat have a profound effect on our mental state. Learn how to manage mood swings, decrease irritability, depression and stress by increasing consumption of mood boosting foods. We will discuss which nutrients that are linked to enhancing mood and why, as well as how to incorporate them into your diet.

### **Cardiovascular Health**

Heart disease is one of the leading causes of death in the United States. Lifestyle factors have a profound effect on overall cardiovascular health. In this 1-hour presentation, you will learn about the latest nutritional recommendations to reduce heart disease risk, including:

- Overview of heart disease
- The role of dietary fat and fiber
- Concept of a “plant-based” diet
- The role of inflammation and the anti-inflammatory diet
- The importance of physical activity
- How to put the recommendations into practice

### **Cooking Allergen Free**

Understanding what foods are allowed and prohibited when newly diagnosed with a food allergy is very overwhelming. It is also a challenge to figure out creative and tasty recipes that your whole family can enjoy. Our dietitians will discuss the do's and don'ts for the most common food allergens: gluten, dairy, eggs, soy, tree nuts, and fish/shellfish. Meal ideas, food samples and recipes will be provided that follow these guidelines. This class will inspire you to expand your culinary horizons by adding new foods and preparation strategies. Living with a food allergy or sensitivity does not have to limit your pleasure of food!

### **Portion Distortion**

Over the past several decades, the portion sizes in restaurants have increased significantly, thus creating a distorted image of how much we should be eating. Although, it is challenging, one of the main strategies to lose weight is to cut those portions down to the recommended sizes, which in turn can reduce your daily intake by as much as 1,000 calories! In this lecture, we will discuss what the recommended portion sizes are through visual examples. We will also discuss strategies for reducing the portion sizes that you eat.

### **Mindful Eating**

When we think about eating healthy, the first things that come to mind are calories, nutrients and types of food. However, one of the most important keys to health is often overlooked. Mindful eating is the concept of slowing down and taking the time to be aware of what you are eating. We will discuss how to incorporate the many areas of mindful eating into a busy lifestyle, including:

- Meal Planning

- Chewing
- Freeing Yourself from Distractions
- Learning about the food you are eating and where it comes from

We will also do a mindful eating activity with the group, to put what we have learned into practice.

### **Reading A Nutrition Label**

There is a lot of information on a nutrition label, which can make grocery shopping a lengthy process. In this lecture, we will break down all of the sections on the label and discuss which areas are most important to focus on. We will do a group activity to practice label reading and identify why certain "health foods" are not always the best choices. This fun and interactive hour gives participants practical skills to make healthy choices next time they find themselves shopping for food.

### **Tummy Trouble? Spotlight on Intestinal Health**

Digestive issues are health problems that are extremely common. Many people suffer daily from things like gas, bloating, nausea and stomach pain and have no idea why. We will discuss possible root causes and how to increase the health of your gut through food, giving you the tools to start alleviating your symptoms today.

### **Vegetable Prep 101**

Knowing how to prepare vegetables in a delicious, satisfying way rather than dumping them out of a can will have a huge impact on your vegetable consumption. We will show you how to create delicious, simple vegetable dishes that will make the task of "eating your veggies" something to look forward to. You will learn tips for selection, storage and several preparation techniques. Sample delectable veggie dishes and leave with recipes.

### **Nutrition MythBusters: Fact or Fiction?**

Almost daily, the news covers some sort of "nutrition breakthrough," often conflicting with information that was reported just days before. It's no wonder there is so much confusion around how to eat healthy. In this lecture we will discuss how sound scientific studies are performed and give you the tools to be able to read a news bit and know whether or not the source is credible. We will also discuss several recent nutrition headlines and whether or not they are valid. You will leave this talk with the skills to be your own nutrition myth buster!

## **Farmer's Market Fresh**

It is the season of farmer's markets, which means exploring the seasonal foods our are offers. Farmer's markets are a fun way to learn about your food and where it comes from. If you are not accustomed to purchasing your food at a farmer's market, it can be confusing to know what to buy. In this lecture we will discuss:

- The importance of eating seasonal and local
- Resources for farmer's markets
- Selection, storage and preparation techniques for the main seasonal summer vegetables in detail
- What it means to eat organic
- How to eat healthy within a reasonable budget

## **Healthy Fat, What's That?**

We all remember the SnackWells craze, otherwise know as the low-fat diet that was all the rage in the nineties. The fact is this: we all need fats in our diet but it can so confusing as to which fats are good and which ones are bad. We will weed through the good, the bad and the ugly FATS in this informative presentation. We will share which ones you should include in your diet and the ones to avoid as well as give you a few tasty treats to try.

## **Eating Healthy During the Holidays**

The holidays are here! That means the 2-month long parade of sweet treats, cocktail parties, and comfort food has begun. This workshop is your survival guide to maintaining health and balance through the holiday season. You will learn strategies to avoid weight gain and boost energy while still being able to enjoy seasonal celebrations.