

## **SUMMARY OF TOPICS**

The 2009-2010 Nutrition Seminar Program includes these nine topic areas. For a summary of each topic, please refer to the appropriate section in the following pages.

### **\*\* NEW or UPDATED Topic**

#### **★ The American Weight Crisis**

Overweight, Undernourished and At-Risk: Tackling Today's Childhood Nutrition Problems  
Addressing Overweight in Children with Strategies for Pre-Schoolers  
Diet or Physical Inactivity: Which is the Major Cause of the Obesity and Diabetes Epidemics?  
It's All About You: Developing Consumer Messages to Battle Portion Distortion & Fat Frustration\*\*  
Can You Be Fit and Fat?  
Size Matters: Portion Distortion, Sensible Servings, and Obesity in America  
Childhood Obesity: Handle with Care  
Lose Weight Over Lunch\*\*  
Weight Loss from a Guy's Point of View  
Small Changes for Big Weight Loss  
Is Your Preschooler's Lunch Sack Contributing to Obesity?\*

#### **★ Hot Topics in the Nutrition Environment**

It's All About Trends: Putting the Latest Information about Food & Nutrition to Work for You\*\*  
The Optimal Lean Diet: Is it Protein, Carbohydrate or Fats?\*

What's in a Symbol? Finding Your Way Through the Maze of Front of Package Icons and Information\*\*  
Naturally Nutrient-Rich Foods: Packing More Power on American Plates  
[Top 10 Power Foods](#)  
Evolving Nutrition Environment  
What the Private Sector Is Doing to Help Build a Healthy America  
The Delicious Power of Nutrient-Rich Foods: Taking a New Look at Successful Consumer Communication\*\*  
Supermarket Scavenger Hunt: Bringing Biotechnology Home  
Nutrient Intake with a Carbohydrate Restricted Diet  
What's In a Claim? Has the "Tower of Babel" returned?  
Achieving Nutrient Rich Eating, One Bite at a Time\*\*

#### **★ Professional Development**

Evaluating Nutrition Programs: How do you know what you are doing makes a difference and do you have the evidence?\*

Marketing RD Services in the 21st Century: Where We Are Today and Where We Are Going?  
No Sweat Speaking: How to Become a Great Communicator  
The Write Approach to Getting Published  
Simply Speaking: Public Speaking Training for Health Professionals\*\*

The Yellow Brick Road to Self-Employment  
Health Coaching: What a Difference it can Make  
Consistent Communicators for the Media  
Getting Your Message Across  
Revitalizing Your Education and Counseling: The Treatment for Burnout  
Marketing Nutrition to Generation @: Maximizing Your Success with Electronic  
Communication and Social Media\*\*  
Maximizing Your Media Potential in the Digital Age: 10 Tips, 7 Secrets and How  
to Make Lists Work for You\*\*  
Merchandising Your Talents  
Diversity Unplugged: Nutrition Counseling and Communications  
Health Promotion 101: Setting Up Worksite Wellness  
How to Eat Chocolate: Combining Health & Pleasure for Effective Nutrition  
Communications\*\*

### ★ Food Production & Trends

It's All About Trends: What the Future Holds for Food, Health and Healthy  
Lifestyles  
Organic, Natural and Grass-Fed Beef: Perception vs. Reality  
Deliver Your Nutrition Messages with Culinary Flair  
Taste, Flavor & the Power of Umami  
The Blame Game: Foodborne Illness  
Sorting the Data on Trans Fatty Acids: Challenges and Solutions  
Passport to the World of Dietary Fatty Acids  
Take a Bite Out of Food Costs

### ★ Health Promotion through the Life Cycle

#### Childhood & Adolescence

Early Childhood Nutrition: Eating Patterns for a Lifetime  
Boosting Brain Power: Promoting What Really Works in Nutrition, Play and  
Puzzles\*\*  
Complementary Feeding Choices: Traditions vs. Biology\*\*  
No Peas Please: Ages and Stages of Raising Healthy Kids in a Supersize World  
Little Wizards: Reaching Children's Cognitive Peak  
Feeding Infants and Children: Food is More than just Something to Eat  
Feeding Picky Eaters: 8 months to 8 years  
Food Friends: 2 Programs for Preschoolers that Change Behavior by  
Overcoming Picky Eating and Increasing Motor Skills\*\*  
Feeding Picky Eaters: Kids 8 – 18  
Adolescence: Setting the Stage for Lifelong Health  
New Research Regarding the Transition from Breast Feeding to Solids

#### Adult

Marketing Nutrition to Millennials: What 15 to 24 Year Olds Want (and Need)  
from Food  
Expect the Best: Update on Preconception and Pregnancy Nutrition  
Healthy Eating for Women...All Lifelong  
Dietary Fats that Lower Body Fat: Surprising Effects in Postmenopausal  
Women\*\*  
*Get a Move On!* Active Aging Improves Health and Ability  
On Your Mark, Get Set...Eat to Compete!

Nutrients and Cognitive Performance  
Healthy Eating for 1 or 2  
Insulin Resistance: Weight and Reproductive Problems\*\*  
Sports Nutrition – 10 Most Frequently Asked Questions\*\*  
What Do We Know About Gender Differences and the Vulnerability of Girls and Women?\*

★ **Nutrition and Disease Prevention and Management**

The Nature of Health: Lifestyle Choices for Disease Prevention and Health Promotion  
Update on Functional Foods and Health\*\*  
Fitting Nutrition into Your Genes: Working Molecular Biology into Your Practice  
Functional Foods: CLA for Optimal Health  
Metabolic Syndrome X  
Dietary Carbohydrate Restriction Ideal Therapy for Metabolic Syndrome  
Nutrients and Cardiovascular Disease  
Using Functional Fats for Treating Metabolic Syndrome\*\*  
Preventing Heart Disease – Lifelong Strategies for All Ages  
Recent Advances in Dietary Management of Dyslipidemias  
What Happens When Women Diet – Bone & Reproductive Problems\*\*

★ **The Power of Protein**

Protein and Exercise for Weight Management  
Is Protein the Missing Link in the Obesity Story?  
Protein and Healthy Aging  
Nutritional Interventions to Improve Muscle Mass and Strength  
Role of Muscle in Health and Disease  
Optimal protein Intake vs the Recommended Daily Allowance  
Sarcopenia and Aging: Dietary and Exercise Countermeasures  
A Protein-Rich Diet as a Cornerstone of a Healthy Lifestyle  
The Power of Protein in Treatment of Obesity, Metabolic Syndrome and Diabetes

★ **Family-Focused Nutrition**

More Than a Meal: Resources and Strategies for Promoting Family Mealtimes  
Family Influences on Children's Eating Habits  
What's for Dinner? Understanding Factors that Influence Food Choices  
Family Meals in a Fast Paced World  
Healthy Weights for the Whole Family: How to Make Food and Fitness Fun!  
Talking with Parents About Weight: What to Say, How to Say it, and Using Messages that Work  
Eating Together, Playing Together: Why Families Mean so Much to Kids  
Designer Genes on the Dinner Table\*\*  
Family Mealtime: It's What's for Dinner!\*\*  
Healthy Eating on the Run for Busy Professionals and Families\*\*

**★ School Age Nutrition & Wellness**

Connecting the Dots Between Student Health and Academic Achievement  
School Wellness Success: 7 Simple Strategies for Healthy Schools, Healthy  
Students and Healthy Staff\*\*

Nurturing Growing Children with Nutrition Education

How Healthy and Safe Is Your Child's Sack Lunch?

Nutrient-Rich Foods for Healthy, Successful Students: New Ways to Focus on  
the Nutrition Kinds Need\*\*

Healthy Weights, Healthy Habits, Healthy Students: Helping Without Harming –  
Intervention for Families and Schools

Nutrition Concerns for Children with Autism

Addressing Overweight in Children with Strategies for Pre-Schoolers

Our Kids are Worth It: Nutrition, Physical Activity, and the ABCs\*\*