

SUMMARY OF TOPICS

The 2011-2012 Nutrition Seminar Program includes these nine topic areas. For a summary of each topic, please refer to the file containing brief descriptions of each.

**** 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
Childhood Obesity: Handle with Care
Can You Be Fit and Fat?
Size Matters: Portion Distortion, Sensible Servings, and Obesity in America
Weight Loss from a Guy's Point of View
Small Changes for Big Weight Loss
Is Your Preschooler's Lunch Sack Contributing to Obesity?
Childhood Obesity: No Blaming and No Shaming
Clinical Update on Dietary Approaches to Weight Loss**
Physical Inactivity: A Major Public Health Problem for the 21st Century**

★ Hot Topics in the Nutrition Environment

It's All About Trends: Putting the Latest Information about Food & Nutrition to Work for You
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
Nutrition Science and Practice: Where Do We Go From Here?**
Make MyPlate Come Alive for Consumers**
The Sustainable American Dinner Plate: A Food Revolution Putting Food on the Modern American Dinner Table**
Contribution of Beef Consumption to Nutrient Intake, Diet Quality and Food Patterns in the Diets of the US Population**

★ 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
Simply Speaking: Public Speaking Training for Health Professionals
Nutrition Authority in Crisis: Curing the Confusion**
Is it Time to Reinvent the Wheel?
Consistent Communicators for the Media
Getting Your Message Across
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
Why to, When to, How to Lead the “Nutrition Revolution”***
What Would Lenna Do? Dietetics in Transition**
So You Think You Can Blog? Using Social Media to Communicate Food & Nutrition and to Build Your Brand**

★ 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
The Flavor Bridge
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
The Science of Beef Eating Satisfaction**
Designer Genes on the Dinner Table
The Sustainable American Dinner Plate: A Food Revolution Putting Food on the Modern Table**

★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

★ 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**
What are Children “Hungry” For?**
Little Wizards: Reaching Children’s Cognitive Peak
Feeding Infants and Children: Food is More than Just Something to Eat Me...Teach Children Nutrition?! Yes!**
Adolescence: Setting the Stage for Lifelong Health
New Research Regarding the Transition from Breast Feeding to Solids

Adult

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 Cooking 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 for Women’s Health: Focus on Menopause**
You Are What Your Mom Ate: The Prenatal Nutrition Environment and its Effect on Lifelong Health**
Fitting Dietary Fats into Your Genes

★ 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: Recognition & Management
Dietary Carbohydrate Restriction Ideal Therapy for Metabolic Syndrome
Nutrients and Cardiovascular Disease
Using Functional Fats for Treating Metabolic Syndrome
Beef and Heart Disease: Should it Be What’s For Dinner?**
Saturated Fat, Carbohydrates and Metabolic Syndrome: Should We Change our Recommendations?**
Preventing Heart Disease – Lifelong Strategies for All Ages
Recent Advances in Dietary Management of Dyslipidemias
What Happens When Women Diet – Bone & Reproductive Problems
Celiac Disease: Savvy Choices for Managing Nutrient Deficiencies**
Living Gluten Free in a Gluten-Filled World**
Targeting the “Middle” for Managing the Metabolic Syndrome
Menopause and Osteoporosis

★ 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

Making the Menu: Teaching Clients and Patients to Live Healthier, Stress-Free Lives Through Planning, Shopping and Cooking Easy, Budget-Friendly Meals**

Who's Home for Dinner?

Family Mealtime: It's What's for Dinner!

Eating Together, Playing Together: Why Families Mean So Much to Kids

Breakfast on the Go in 5 Minutes or Less

Saving the Family Dinner Hour...or Half Hour**

Meal Makeovers: From Simple to Extreme!**

★ School Age Nutrition & Wellness

Nurturing Growing Children with Nutrition Education

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

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

Nutrition Concerns for Children with Autism

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