



Group Presentation Topic Bank:

- **General Nutrition Topics:**
 - Top 10 Nutrition Tips for Healthy Living
 - Healthy Meals and Snacks for the Whole Family
 - Reading Food Labels
 - Plan a Healthy Meal Anywhere!
 - Navigating the Grocery store
 - Healthy holiday eating
 - Dining out for Health

- **Condition-specific Topics:**
 - Diabetes: Causes, Treatment and Prevention
 - Diabetes and The Metabolic Syndrome
 - Irritable Bowel Syndrome: Causes & Prevention
 - Build a healthy baby (pre-pregnancy nutrition)
 - Pregnancy Nutrition Basics

- **Weight Management Workshop Topics:**
 - How to jump start your metabolism
 - Carbs, protein, fat, and alcohol—how much?
 - The role of fluid, fiber, and protein in weight management
 - Intuitive/mindful eating
 - Planning healthy meals and snacks
 - Handle restaurants, social functions, and holidays like a pro
 - Exercise—how much?

- **Sports Nutrition Workshop Topics:**
 - Calculating your specific energy needs
 - Power foods for performance
 - Hydration—How to know if you've had enough
 - Evaluating sports bars and drinks
 - Supplements—Do you need them?

- **Heart Health Workshop Topics:**
 - Heart Disease: Who's at risk?
 - Know your numbers!
 - Steps you can take to protect your heart
 - Heart Healthy fats
 - Soluble vs. Insoluble fiber
 - Phytochemicals, Plant Stanols & Sterols
 - Sodium's role in heart health
 - Ingredient substitutions
 - Cook quick, heart healthy meals
 - Exercise to protect your heart