



### **Top Ten Things for Good Nutrition**

This program reviews 10 nutrition strategies to enhance wellbeing and prevent chronic diseases such as diabetes and heart disease.

### **Fast Food World**

Learn about the nutritional composition of various fast foods, its effect on your health and how to make better choices when eating out.

### **The Good, the Bad and the Ugly- the Truth about Carbs**

This program discusses current trends about carbohydrates, describes the different types and provides ideas on how to incorporate more of the good ones and limit the bad ones.

### **Understanding Food Labels**

Find out how to read a food label and use the information to make better choices. Proposed label changes will be described.

### **Virtual Supermarket Tour**

The tour provides practical information on how to make better choices at the store. Topics include supermarket layout and marketing strategies, nutritional value of foods, and interpreting food labels.

### **Reaching an Ideal Weight**

Because weight management can be challenging, this program includes practical nutrition recommendations and behavioral strategies to achieve desirable weight.

### **HAVE QUESTIONS OR WANT TO SCHEDULE A SEMINAR?**

Call Robert BeSore at 314-576-2357 OR [Rob.BeSore@stlukes-stl.com](mailto:Rob.BeSore@stlukes-stl.com)

### **Plant Power**

This program discusses the relationship of food and disease, reviews nutritional benefits of plant based diets and provides tips on how to incorporate more in the diet.

### **Shake the Salt Habit**

A diet high in sodium may be a contributing factor to develop hypertension, and most people consume more than needed. Receive accurate information about where dietary salt comes from and how to cut back.

### **The Ups and Downs of Blood Sugar**

The average person consumes 150 pounds of sugar a year, and too much sugar is harmful to the body. Learn about the danger of consuming too much sugar, and how to prevent and manage diabetes.

### **The Skinny on Fat**

Making changes in the amount and type of fats in the diet can result in reductions in cardiovascular risk. This program reviews the latest evidence about fat and discusses how to make healthier choices.

### **Healthier Holiday Meals**

This program discusses holiday eating and provides useful resources for recipe substitutions and meal planning.

### **Food Myths and Fads**

There is plenty of nutrition buzz in the media making it difficult for consumers to know what's good. Learn about current nutrition trends, fad diets and what nutrition approaches work in the long term.

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