

These professional, one-hour seminars are presented by our Registered Dietitians to give your employees the knowledge, skills and motivation they need to make healthier food choices. Each session includes relevant handouts. To schedule a seminar or inquire about the availability of other topics, call the Nutrition Council at (513) 621-3262.

**Battle of the Carbs** – Learn about the difference between “good” carbs and “bad” carbs. Find out more about whole grains and how to get 3 or more servings a day into your diet.

**DASH Your Way to Better Health** – Research shows the DASH diet can lower blood pressure as much as medications. Find out more about this recommended eating plan.

**Easy Ways to 9-a-Day** - Discover easy ways to fit the recommended 5 to 9 servings of fruits and vegetables into your diet. Learn about their health benefits. Take home practical tips and recipes.

**Eating For a Healthy Heart** - Learn top diet strategies for a healthy heart and what foods can help lower cholesterol levels. Distinguish “good” and “bad” fats like omega-3’s and trans fats. Understand how fiber and B vitamins help your heart.

**Healthy Eating On The Run** – Squeeze healthy eating into your hectic schedule. Get practical ideas for grab n’ go foods, stocking a portable pantry, meals in minutes and how to survive the fast food lane.

**How to Give Yourself a Nutrition Tune-Up** – Complete a self-assessment and evaluate your own eating habits. Leave the session with an action plan to help tune-up your diet.

**Investing in Your Health: Nutrition for Men** - Five leading causes of death and disease in men are diet related. See how prostate cancer and heart disease relate to food choices, and learn simple eating strategies to invest in your health.

**Scaling the New Pyramid** – Learn to make healthy food choices using the new 2005 Dietary Guidelines, MyPyramid and food labels. Explore the science linking nutrition and disease prevention.

**Taking Care of Yourself: Nutrition For Women** – Explore women’s health needs and how food and nutrition can help. Breast cancer, heart disease, osteoporosis and iron deficiency are covered. Get eating strategies to help reduce risk.

**Weighing the Options** - Low fat/high carbohydrate, high fat/high protein, food combining, supplements. What really works when it comes to weight loss? Learn practical tips for lasting, healthful lifestyle changes.

**A Working Parent’s Survival Guide: Quick & Healthy Kid-Friendly Meals** - Help your child have healthy eating and activity habits for a lifetime. Share ideas and strategies for picky eaters, eating veggies, and promoting healthy body image.