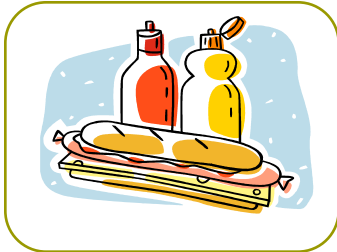




For The Health of It

BROWN-BAG LUNCH & LEARN

Weight/Waist Management—Nutrition Series



Day: Tuesday's Time: 11:30-12:30

Dates: 01/05/10 to 2/16/10

Bring your own Brown Bag Lunch

Pre-register for Session @ the Receptionist

- Have fun, snack (provided) while learning new ways to enjoy healthy foods
- 7 of the 10 leading causes of death are due to poor diet and physical activity patterns
- Learn how to design good tasting, appealing healthy meals that can offset health issues
- Learn about specific eating strategies & nutrients that are vital in disease prevention.
- Enjoy energy, vitality & health that good nutrition can bring; Improve your Nutrition IQ
- Presented by a fun loving, empathetic, senior-center aged RD, LD
- *No starving or Styrofoam-tasting silliness will be involved.*
- Bring your lunch, Instructor will bring snacks pertaining to the weekly theme!

Weekly topics include:

Week 1 Calories Count! A Start to Managing Weight

All foods provide energy or calories to fuel our bodies. When excess energy is consumed compared to what our bodies use, we gain weight. Let's start looking at eating more low calorie yet high nutrient containing foods to help in weight loss or management.

Week 2 Fat – Trans Fat, Omega 3 fats- (What's all that Mean?)

As you go down the grocery store aisles, more and more foods have claims that they contain 'omega 3's. Food labels 3 years ago changed to reflect 'trans fats.' In this class we will review fact versus fiction regarding dietary fats that help prevent heart disease and improve our cholesterol levels.

Week 3 Protein: The Mediterranean Diet Approach

People in the Mediterranean region of the world have low rates of heart disease, cancer and other chronic health conditions. Find out about the foods that they consume and how they have been shown to be health promoting.

Week 4 Carbohydrates: Glycemic index? What foods, When and Why?

Not all carbohydrate calories are equal. Some carbohydrate rich foods can make us feel more satisfied than others. When weight loss is desired - selecting carbohydrate rich foods with a higher glycemic index can be beneficial.

Week 5 Dietary Approaches to Stopping Hypertension (DASH diet)

One third of all Americans are sodium sensitive, or can see elevations in blood pressure with a high salt diet. The DASH diet has been shown to lower systolic blood pressure (the top number) by 11 points and diastolic blood pressure by 6 points. This is as effective as medication and much less expensive on our pocket books and the health of our organs.

Week 6 Fluids: Getting enough (Am I supposed to really drink that much water?) Water is a nutrient - and the largest nutrient our body's need. When caffeinated beverages are consumed, there is a need for replacement fluid. As we age, we are less able to get adequate fluid with thirst cues.

Presented by Louanne, Koupa—Registered Dietitian w/American Dietetic Association, Licensed Dietitian-State of MN, Certified Diabetes Educator, Certified in Adult Weight Management w/ADA, owner Eat Well Nutrition Therapy, LLC

Registration: \$54 Please pre-register @ 507 664 3700