**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**

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<td>Contribution of Beef Consumption to Nutrient Intake, Diet Quality and Food Patterns in the Diets of the US Population**</td>
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**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
- 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
- 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!!