

Nutrition Center Education and Healthy Living Series

Weight Management Series: This series focuses on the proper nutrition needed to maintain a healthy body weight. Topics include nutrition basics, record keeping and portion sizes, common nutrition myths, goal setting, nutrient density, cooking demos, physical activity and its role in maintaining a healthy body weight, and practical tips to optimize long-term health.

Cardiovascular Health Series: This series addresses nutrition and the cardiovascular system. Attendees will learn to make nutrition choices to combat hypertension, reduce cholesterol, and reduce triglycerides without sacrificing the flavor of foods.

Sports Nutrition Series: This series focuses on athletes and active individuals of any performance level. Attendees will learn how to maximize their athletic performance while maintaining overall optimal health. Topics covered include pre- and post-training nutrition, nutrient timing, and key points to maintain a healthy, active lifestyle.

Diabetes Prevention Series: This series covers how nutrition choices and physical activity prevent the development of diabetes. Topics include nutrition basics, physical activity, food and its effects on blood sugar, eating out, and goal setting.

Healthy Eating on a Budget Series: This series focuses on maintaining a healthy eating regimen while on a tight budget. These sessions include detailed recipes, healthy cooking demonstrations, healthy eating tips, interactive learning modules, and grocery store tours.

Nutrition Workshops: During this workshop, attendees learn about various topics related to nutrition such as; the mechanisms of the immune system, common food triggers and substitution suggestions, common myths of nutrition, and how to assess nutritional information for accuracy and validity.

For additional information and schedules, visit www.unlv.edu/kns/nutrition or contact Damon McCune at mccuned@unlv.nevada.edu