

## The Diet Craze Online Seminar

8:15 A.M.–8:30 A.M. CST

Sign-in to classroom

8:30 A.M.–2:45 P.M. CST

A short break will take place from 11:30 AM - 11:45 AM with a working lunch.

(full attendance required & ALL participants must complete a course evaluation).

### TOPICS TO BE COVERED:

#### The Diet Industry

- A look at the history of the diet industry - what has worked and why.
- Key research finding that have led to industry changes in our food supply. What has played a role in the obesity epidemic?
- Diets: Do they work and how? What are the best diet programs that are available for which health condition (e.g. diabetes, heart disease, etc.)?
- Diets and children. Key recommendations to ensure healthy “dieting” in our kids and teens.

#### The Macronutrient Dilemma

- Carbohydrates - the good and bad. Current research on recommendations.
  - The glycemic index and glycemic load. Ways to incorporate these tools into dietary planning. Glycemic load and cancer.
  - The adverse health effects of a high sugar diet. A look at how sugar effects the hormones that govern appetite.
  - Carbohydrates, fatty acids and postprandial inflammation: Can this be controlled?
- Dietary fats - a look at the current research on health and disease.
  - Monounsaturated fats and their impact on total cholesterol and HDL-cholesterol.
  - The many health benefits of omega-3 fatty acids (fish oils). Hypertension, hypercholesterolemia, and high triglycerides.
    - Current dietary recommendations for omega-3 fatty acids. Guidelines for supplementation.
  - Essential fatty acids as treatment for depression, or food for mood?
  - Dietary fats and prevention of type 2 diabetes.
- Dietary proteins - how much do we really need?
  - The health effects of high protein diets. Ketones suppress brain glucose consumption.
  - Essential amino acids - do we need supplementation. Key amino acids for building immunity.

#### Diet and Disease

- Type 2 diabetes - controlling the epidemic through dietary intervention.
  - Genetic predisposition, Western dietary pattern, and the risk of type 2 diabetes in men.
  - Vitamin D - a key nutrient for diabetes and cardiovascular disease.
  - Dietary strategies for managing glucose in a fed and post-absorptive state.
- Diet and cancer
  - A look at the diets that have been used to fight cancer and how they work (e.g. Gerson diet, macrobiotics diet, etc.).
  - The role of copper, molybdenum, selenium, and zinc in nutrition, health and cancer prevention.
  - Selenoproteins that function in cancer prevention and promotion.
  - Antioxidant therapy - does it work or is it old research?
- Obesity and heart disease
  - What foods are in our food supply that play a role in weight gain and atherosclerotic plaque formation?
  - Food and hormones - how what we eat effects how our hormones control our appetite and metabolism.
  - Artificial sweeteners - increase or decrease metabolism? A look at the latest research.
- Diet for Health
  - Tools for achieving a desirable BMI and waist circumference. The NO diet approach.
  - The dietary supplement industry - what we really need and why. Recommendations for children.
  - Low calories have been shown to be the fountain of youth - why?

#### Course Objectives

- Discuss current macronutrient recommendations for optimal health.
- Identify key dietary strategies for reducing type 2 diabetes, cardiovascular disease, obesity and cancer.
- Identify current diet trends and how they impact overall health.