

Nutrition for all Ages 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:

Nutrition and Pregnancy

- Current recommendations about weight gain and exercise.
- Gestational diabetes: Current dietary and treatment recommendations.
 - Fetal consequences of hyperglycemia and hyperinsulinemia.
- Nutritional concerns of low birth weight infants.

Toddler to Teens

- Current recommendations about feeding infants and toddlers.
- The BMI and growth charts.
- Combating childhood obesity. Establishing good dietary practices.
- Dietary recommendations to prevent diabetes and atherosclerotic plaque formation.
- Sports nutrition: Ensuring proper nutrition for all levels of sports activity for children and teens.
- Calcium, vitamin D, exercise and bone health. Building strong bones.

The Adult Years

- Current dietary recommendations for health.
- Dietary supplements: Do we need them? Current recommendations of supplement usage.
- Nutrition and exercise: A look at current dietary recommendations.
- Carbohydrates, protein and fat: What is the optimal amount of each?
- The secret of weight management and weight loss.

Menopause

- Why is my waist growing? Understanding the changes in body fat redistribution.
- Key nutrients: Calcium, vitamin D, and other essential vitamins and minerals.
- The changing metabolisms. Tips for preventing weight gain.
- Phytoestrogens: Their effect on skin, bone and cognitive function.

The Senior Years

- Sarcopenia - an increase in body fat and reduction in body mass. How does this effect metabolism?
- Nutritional concerns of the elderly. What are the common nutritional deficiencies.
- Dietary recommendations for optimal health. Key vitamin and mineral recommendations.
- Nutrition and memory: Are their nutrients to improve cognition?
- Nutrition and hypertension.

Course Objectives

- Identify key nutritional concerns for seniors.
- Discuss how maternal weight gain and nutritional health effect her child's future risk for obesity and diabetes.
- Discuss the importance of vitamin D, calcium and good nutrition on bone health from toddler to seniors.
- List nutrients that are in increased demand as physical activity is increased.
- List key nutritional recommendations for optimal health at all ages.