

Vibrant Wellness Education Nutrition Lecture Agenda

1. Nutrient density-->ANDI
2. Current health trends
3. Healthier eating habits
4. Nutrition & label reading

Nutrient Density

1. Start with RDA. Percent recommended...but what's inherently wrong with this?
2. What's enough/too much?
3. Introduce ANDI
 - a. Ask people what foods they think have the highest nutrient density?

Current Health Trends

1. Top ten cause of death in the US.
2. Alarming Statistics: which of these do you think are food related?
3. Leading cause of death is eating?"

Healthier eating

1. Food rules
2. Chemicals, non-food ingredients, and GMO. Why the controversy around HFCS and fake sweeteners?
3. Exercise: which of these is a "healthier food" according to these rules?

Nutrition & Label Reading

1. Props...what labels do you see?
2. Natural? Organic? Fair Trade? Whole grain?