Outreach Nutrition Topics & Materials

**MACRO BREAKDOWN**

TOPIC: Fueling your body, whether for daily or fitness needs, is crucial for optimal productivity!

Video: [Eating For Energy](https://www.youtube.com/watch?v=-04Gn0Hmnpo&t=12s)

Handout: [Sustainable Energy](https://www.fitnessamway.com/uploads/1/2/8/5/128599498/sustainable_snacks.pdf)

TOPIC: Explore a variety of protein sources and reap their benefits to support your body.

Video: [Power of Protein](https://www.youtube.com/watch?v=KoXGMODKBLI&t=27s)

Handout: [Protein Next Level](https://www.fitnessamway.com/uploads/1/2/8/5/128599498/protein__next_level.pdf)

TOPIC: Carbohydrates are essential for energy and health, get the facts to make quality choices.

Video: [Low-Carb Diet Lowdown](https://www.youtube.com/watch?v=ZAXu_WlQy30&t=34s)

Handout: [Keto Diet Review](https://www.fitnessamway.com/uploads/1/2/8/5/128599498/keto_diet_reveiwed.pdf)

**MEAL PLANNING**

TOPIC: Improve your every day with quick and simple life tips.

Video: [9 Well-Being Life Hacks](https://www.youtube.com/watch?v=tG1UDjDfl5o)

Handout: [More Food Less Work](https://www.fitnessamway.com/uploads/1/2/8/5/128599498/more_food_with_less_work1.pdf)

TOPIC: Make mealtime easy with a pantry stocked with the basics.

Video: [Healthy Pantry Basics](https://www.youtube.com/watch?v=lhfMQB2Ic84)

Handout: [Do More with Pantry Basics](https://www.fitnessamway.com/uploads/1/2/8/5/128599498/health_from_home_week_3_nutrition.pdf)

TOPIC: Use frozen vegetables to provide nutrition dishes in any season.

Video: [Making Frozen Foods Fresh](https://www.youtube.com/watch?v=kT_uXb5oS-M)

Handout: [Healthy Frozen Foods](https://www.fitnessamway.com/uploads/1/2/8/5/128599498/healthy_frozen_foods.pdf)

TOPIC: Tired of the same ‘go-to’ meals? Get healthy, simple ideas to inspire your meal planning.

Video: [Inspiration in the Kitchen](https://www.youtube.com/watch?v=szJHWoR3PX0&t=4s)

Handout: [Finding a Kitchen Plan to Work for You](https://www.fitnessamway.com/uploads/1/2/8/5/128599498/getting_ahead_of_the_game__3_.pdf)

TOPIC: Learn to use the Nutrition Facts Label to guide your choices.

Video: [Understanding Food Labels](https://www.youtube.com/watch?v=VDv1NbEOf68&t=6s)

Handout: [Making More with Less](https://www.fitnessamway.com/uploads/1/2/8/5/128599498/more_food_with_less_work1.pdf)

**DISEASE PREVENTION & MANAGEMENT**

*****TOPIC Improve your outlook by learning which foods can affect mood.*

Video: [Good Mood Foods](https://www.youtube.com/watch?v=8aFoAi24Pw0&t=8s)

Handout: [Mediterranean For Mood](https://www.fitnessamway.com/uploads/1/2/8/5/128599498/mediterranean_for_mood_handouts.pdf)

*TOPIC: Make healthy choices to decrease your risk of disease.*

Video: [Boost Immunity with Food](https://www.youtube.com/watch?v=n42-EIT3rGA&t=4s)

Handout: [Cooking For Gut Health](https://www.fitnessamway.com/uploads/1/2/8/5/128599498/cooking_for_gut_health.pdf)