

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](#)

Handout: [Sustainable Energy](#)

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

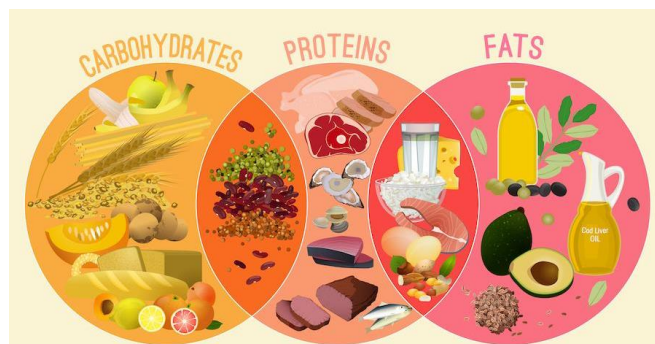
Video: [Power of Protein](#)

Handout: [Protein Next Level](#)

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

Video: [Low-Carb Diet Lowdown](#)

Handout: [Keto Diet Review](#)



MEAL PLANNING

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

Video: [9 Well-Being Life Hacks](#)

Handout: [More Food Less Work](#)

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

Video: [Healthy Pantry Basics](#)

Handout: [Do More with Pantry Basics](#)

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

Video: [Making Frozen Foods Fresh](#)

Handout: [Healthy Frozen Foods](#)

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

Video: [Inspiration in the Kitchen](#)

Handout: [Finding a Kitchen Plan to Work for You](#)

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

Video: [Understanding Food Labels](#)

Handout: [Making More with Less](#)

DISEASE PREVENTION & MANAGEMENT

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

Video: [Good Mood Foods](#)

Handout: [Mediterranean For Mood](#)

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

Video: [Boost Immunity with Food](#)

Handout: [Cooking For Gut Health](#)

